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Volume 43, No. 9, September 2011

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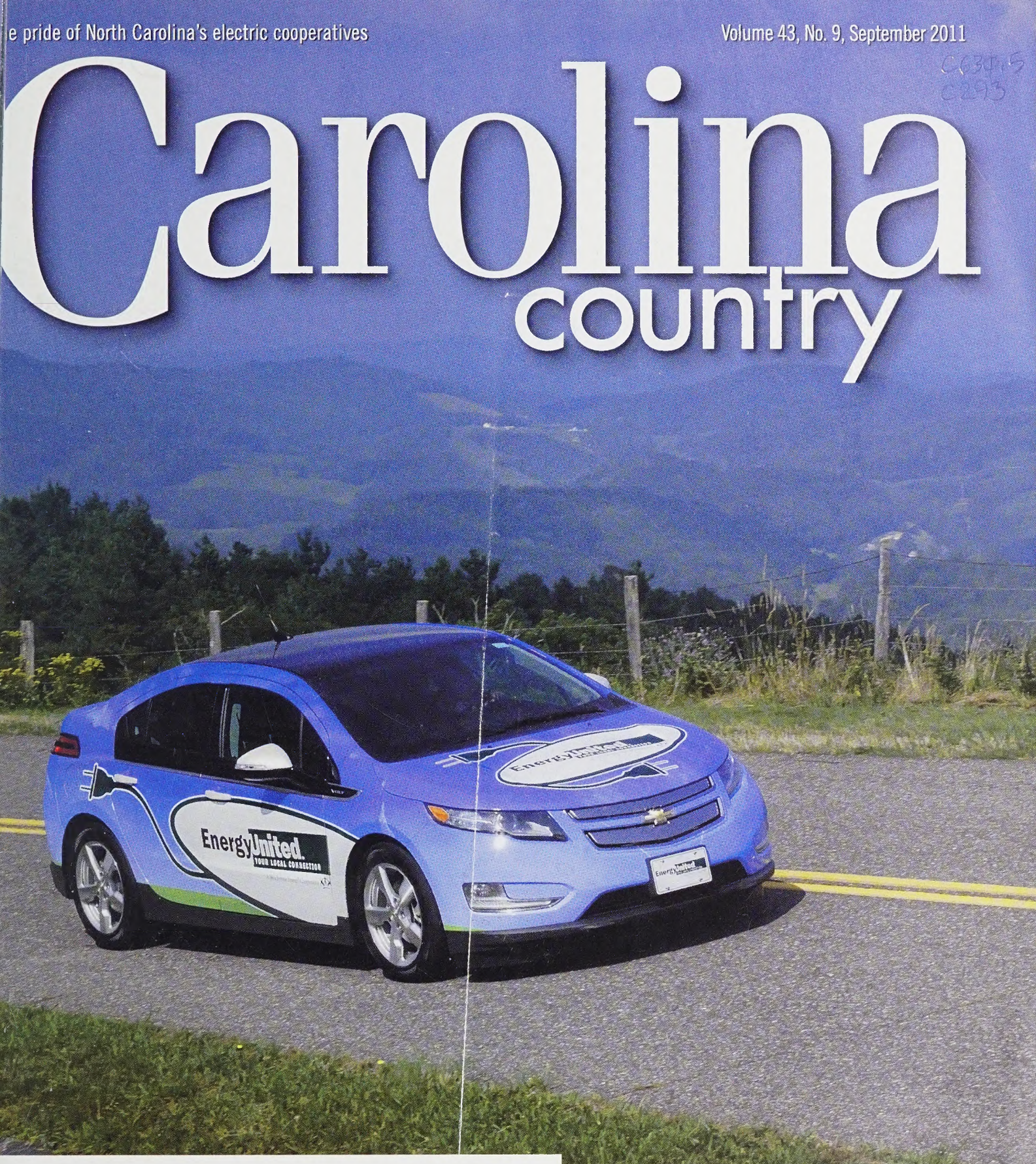

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September 2011
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ON THE COVER
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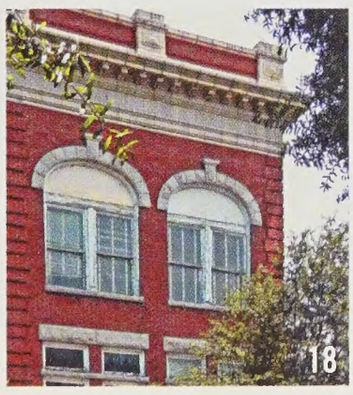
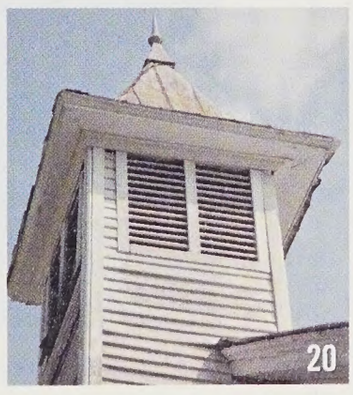
(Photography by David Culp. www.davidculpphotography.com)





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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

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Another thing I learned in Washington, D.C.

By Madison Hodges

If I heard it once, I heard it a hundred times: "Be careful with your camera."

Our Youth Tour advisor and chaperones warned us to take care of our cameras. They knew better than we did that: 1) these cameras look alike and are easy to lose, 2) they contain our trip in pictures and become more valuable as time goes by, and 3) we would freak out if we lose ours.

I found out the hard way they were right. On the last day of our action-packed trip to Washington, D.C., I left my camera on a street vendor's table. We had just gotten off the metro at Crystal City and were going to our hotel, but my camera did not make it that far. When I realized it was gone, it was too late.

Gone were all my pictures and memories. Gone was the camera my dad gave my mother as an anniversary gift. The first thing that came to my mind was, "I just proved my mom right." She was apprehensive about it anyway and told me I would lose it, but she finally gave in.

We all also had been warned about street vendors: they would try to sell you something for 10 times its real value, or cheat you out of your change. All of my fellow Youth Tourists were looking out for each other. The vendor near the 18th Street metro in Crystal City was Teresa—that's all I know her by. She sold me a pair of earrings that I spotted as we jumped off the metro. I knew I just had to have those feather earrings. My friend and I ran over to buy them because our group was already out of sight. In a mad dash to find some cash, I set my camera down, paid Teresa, then walked away to catch up to my group. I left my camera right there on the table.

The next morning, as our bus left to return us all to Raleigh, I was all weepy about that camera. Our lead advisor, Jane Forehand of the North Carolina Association of Electric Cooperatives, asked the driver to run by the metro

Madison faithfully wore her ID pouch and badge around her neck at all times. She is glad she did.

station to see if Teresa was out there yet. At that hour of the morning, she was not.

Teresa had an opportunity to get a few dollars from a pawn shop or sell it to a tourist. She could have made the equivalent of 10 pairs of earrings, or kept the camera as hers. Instead, she turned it on and looked at the photos.

Teresa noticed there were several shots of me, one of her last customers. She noticed the Youth Tour badge around my neck. At the beginning of the trip, we all were given pouches and badges saying our name, state and organization. We were to wear them "at all times." The girls, of course, complained they didn't look good with an outfit or they were heavy. As it turns out, I had taken a picture of my badge. Teresa could identify me.

She took it upon herself to do a little investigating. She and her grandson looked at the picture of the badge but could barely make out my name. They did see "National Rural Electric Cooperative Association." They sent e-mail to NRECA—"My name is Teresa and I found Madison Hodgca camera in crystal citi please call me at..." At NRECA, the e-mail was forwarded to Steve Uram (legislative affairs advisor with Youth Tour duties). He e-mailed all the Youth Tour advisors. Ms. Forehand saw the message and got hold of me.

Later I spoke to Teresa on the phone to thank her. With her South American accent communicating was not that easy. But she was ecstatic to get hold of me. She had made it her mission to track me down and with her hard work and kindness she did. And my camera was home, safe and sound.

Yes, a big, busy city such as Washington D.C. has many honest and sincere people.

Madison Hodges was one of 30 rising high school seniors sponsored by North Carolina's electric cooperatives on the annual Rural Electric Youth Tour to Washington. The week-long adventure teaches the students about the cooperative way of business and includes visits to various monuments, museums and attractions as well as their representatives in Congress. Madison was one of three to represent Blue Ridge Electric.

More summer love

I just received my August Carolina Country, and with it so hot, I decided it would be a good read for this afternoon. As always, I was not disappointed.

I love the picture on page 6 of the little boy in bib overalls running down the path. It reminded me of my own brother and a similar path to our Grandma's house with one difference: We were always barefoot in summer.

And the "Summer Love" tomato sandwich: I too am a "tomater" sandwich lover, and that is exactly what we had for lunch today. I will admit that while I have tried other than plain fresh, white bread, I still can't switch.

As for the mayo, well, Duke's just can't be beat. I once took a bread-baking class with a baker from France, now a local baker, who also swore by Dukes.

My husband, although North Carolina born and raised, has a different idea of the classic. His idea of a tomato sandwich is more the BLT style, lightly toasted bread, sliced tomato, crisp bacon, lettuce leaves, mayo, with salt and pepper. (Way too much trouble and not nearly as good, I say.)

But if you ever just want to mix it up, try a slice of Jesse Jones thick-sliced bologna. Don't worry about your health. It's not that often!

Enjoy them while they are still around. Before we know it, we will be longing for those summer gems again.

Karen Watts, Wake Forest, Wake Electric

About HVAC air filters

I am a Union Power member and work for an HVAC company. I look forward to your articles in that area and have used the info in my job. As I read through the article on changing your HVAC air filters ["On the House," August 2011], I found some inaccuracies. I'm not complaining, but just want to clarify.

It is not true that a clogged filter can raise the pressures in the system. Higher pressures in a system are generally caused by a dirty condensing coil. A monthly hose washing of the outdoor coil unit (power off) will help remove debris.

Also, a dirty or high-efficiency filter does not put an excessive strain on the fan motor. It will simply lower the airflow. The lower the airflow, the less the motor works. For this reason, some manufacturers do not recommend the washable high-end filters because they slow down the air too much.

Check the filter recommendations supplied by your heat pump's manufacturer.

Tim Scronce, Ross & Witmer Inc., Charlotte

Thad Watkins?

In the July magazine there was a picture of a Thad Watkins with his painted Boer goat Magnum, submitted by his mom from Thomasville. I have a grandson named Thad Watkins, so I was surprised to see another young man with the same name and about the same age (22 years) and build as my grandson. My grandson was named for his great-grandfather Thad, and I have never known anyone else by that name. Thad's aunt called me kidding to say that she did not know he had a goat. Other friends said they had to look twice to be sure it was not the Thad they knew.

Dorothy Watkins, Elizabethtown, Four County EMC

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JACOB'S LOG:

Driving the mower, a ride of passage

By Jacob Brooks

There are several milestones in a young man's life, such as getting your license, owning your first car, graduating high school. One of my milestones was a little different: driving our lawnmower.

Ever since I can remember, I was enthralled with that big red machine. Everything was simply perfect on this machine: the color, the sound, the headlights, a throttle control that had the small turtle and rabbit beside it (I was positive they were placed there because I loved turtles). Simply put, this lawnmower had to have been made in heaven. My mother would hitch my red wagon to the back of the lawnmower, put me and my brother in it, and pull us along while she mowed. Those were the days.

First I had to figure out how to get up to the seat.

I can remember when my date with destiny finally arrived. It was a warm summer evening in beautiful Ennice, N.C. I was outside admiring the different sounds rocks made when thrown against various objects. Dad was mowing the yard and also watching me. He was aware my targets were becoming more risky. When I took aim at the tractor, I heard Dad yell in that stop-what-you're-doing-and-come-here tone, "Jacob Isaac!" He went straight to the middle name. He didn't even shout my first name as a preemptive strike. I was doomed, and I knew it.

I began my walk of shame towards him. I hoped lightning would strike me, so I wouldn't have to face the consequences. I also contemplated running away, but who was I kidding? He was on a mower that made Ferarris look weak. I wouldn't get far.

I stood in front of him trembling: "Yes sir?"

He grinned at me. "Hop up here, buddy. It's time you learned how to run this contraption."

At that point, I knew there had to be a God. How did this happen? I should have welts on my rear end at this point. I shouldn't be preparing for the best ride of my life. But I wasn't going to question it. I had driving to do.

First I had to figure out how to get up to the seat. Being 9, I wasn't as big as Daddy was. I had to climb on the deck, then onto the step, then onto the seat.

When I hit the seat, my heart swelled with pride. I was like a king on his throne. The power I felt was overwhelming. I felt like John Wayne sitting on a horse.

He explained to me the mechanics of my new red chariot. I listened intently, soaking it all in. Once he finished, I was ready. I stretched my leg out toward the gas pedal, but oh no! My legs weren't long enough! What would I do? My dreams came crumbling down before my eyes. I stretched and strained: nothing. I kicked my leg trying to make it grow: nothing. My world was shattered.

Then, out of nowhere, my father locked down the gas pedal with his hand. I was off. I sat on that lawnmower and cut that grass like a pro, mostly.

All I needed was a dip of tobacco, and I would be just like my old man. With that said, I stuck my tongue in the corner of my mouth for the appearance.

They say I mowed for roughly 10 minutes. I like to think it was more like two hours. But I had done it. I had conquered the lawn.

Jacob Brooks of Alleghany County, who represented electric cooperatives as the 2010 national Youth Leadership Council spokesman, heads to Appalachian State University as a sophomore this fall.

No More Mr. Nice Watch

Forget sleek and subtle, the Stauer Colossus Hybrid is one tough timepiece.

Never underestimate your competition. Just ask Demetrius, the unfortunate Greek general who set out to conquer Rhodes in 305 BC. He assumed that a massive force of 40,000 men, a fleet of Aegean pirates and an arsenal of wall-smashing war machines would be enough to crush the tiny Greek island. He was wrong. The Rhodians were tougher than he thought. And so is this watch. If you've always believed that the biggest, baddest watches had to cost big, bad money, the $79 Stauer ***Colossus Hybrid Chronograph*** is here to change your mind.

A monument to toughness. The people of Rhodes were ready for Demetrius and repelled his attack. To celebrate, they built the Colossus of Rhodes, a 107-foot bronze and iron giant that towered over the harbor like a ten-story trophy. It warned future invaders that "Rhodes is tougher than you think." You give the same message when you wear the Stauer ***Colossus***.

The timepiece that works twice as hard. In designing the ***Colossus Hybrid Chronograph***, our instructions to the watchmaker were clear: build it as tough as a battleship and fill it full of surprises. Make it a hybrid, because it should work twice as hard as a regular watch. And make it look like a million bucks, because when you put it on, you should get excited about rolling up your sleeves. Mission accomplished.

A toolbox on your wrist. It will keep you on schedule, but the ***Colossus Hybrid*** is about much more than time. The imposing case features a rotating gunmetal bezel that frames the silver, black and yellow face. You'll find a battalion of digital displays on the dial arranged behind a pair of luminescent hands and a bold yellow second hand. Powered by a precise quartz movement, the watch is doubly accurate in analog and digital mode. And it's packed with plenty of handy extras including a bright green EL back-light for enhanced nighttime visibility, a tachymeter along the outer dial and a full complement of alarms and split-second countdown timers. The ***Colossus Hybrid*** secures with a folded steel bracelet that highlights a row of striking dark center links. It's a rugged watch that's more than ready for your daily grind.

Your Satisfaction is Guaranteed. Wear the Stauer ***Colossus Hybrid*** for 30 days and if you are not 100% thrilled with your purchase, return it for a full refund of your purchase price. But once you get a taste of more watch for less money, it's likely you'll be back for more... and we'll be waiting.

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The best change in 100 years

Elsie Canady of Gray's Creek in Cumberland County marked her 100th birthday July 31. She was honored with a feature article in the Fayetteville Observer and recognition by Hope Mills mayor Eddie Dees.

Elsie Nordan was born in 1911 in the Cumberland community. She grew up near the No. 3 cotton mill, also known as the old Bluff Mill, where her father, Frank Nordan, operated the generator. She graduated from Hope Mills School in 1930. She met and later married Ernest Richard Canady, a farmer in Gray's Creek. They had seven children.

Ms. Canady told the Observer's Lisa Carter Waring that of all the changes she has seen over the past 100 years, the most significant was electricity introduced by South River EMC. "We didn't have electricity in the country until 1942," she said. "That was a big, big help to farmers."

Ms. Canady said electricity brought running water, bathrooms, vacuum cleaners, lights and electric stoves. She remembers getting her first electric stove. "My husband said he hoped it would make as good of a biscuit as the wood stove," she said. "And I think it did."

Gary Ray is Ablemarle EMC's new manager

The board of directors at Albemarle Electric Membership Corporation has appointed Gary Ray as the co-op's general manager. Ray replaces Brad Furr, who resigned last November.

Reporting to the board, Ray is responsible for overseeing all functions of the electric cooperative. A graduate of N.C. State University, Ray worked three years for Albemarle EMC as manager of engineering. Prior to coming to Albemarle EMC, he served 21 years at Jones-Onslow EMC in Jacksonville.

"The board had a strong pool of candidates from which to choose," said L.A. Harris, president of Albemarle EMC. "The board felt that Gary's engineering background and knowledge of the cooperative's infrastructure made him an ideal fit to fill the general manager's position."

Zach Bray served as interim general manger prior to Ray's promotion. "On behalf of the board, I want to thank Zach Bray, who did a superb job of serving as interim general manager." Harris said.

Albemarle EMC has 36 employees and more than 12,000 members. The co-op's service territory includes the counties of Chowan, Perquimans, Pasquotank and Camden and a small section of Currituck County.

Touchstone Energy cooperatives sent these 4-H kids to run with the Pack last year.

Co-ops send 4-H kids to "Run With the Pack" Sept. 17

North Carolina's Touchstone Energy cooperatives are giving 4-H kids a chance to "Run With the Pack" at an N.C. State football game.

Twelve 4-H youth are expected to take the field with Wolfpack mascots Mr. and Mrs. Wuf at the opening of the Sept. 17 game against South Alabama. North Carolina's Touchstone Energy cooperatives will sponsor the game on Military Appreciation Day and provide tickets to the kids and their families.

The cooperatives worked with the 4-H program "North Carolina: Operation Military Kids" to select the lucky runners, who are active in 4-H and have at least one parent in the U.S. military. The game will take place just days after the 10th anniversary of the Sept. 11 attacks.

Rebates for efficient manufactured homes

If you buy an Energy Star-rated manufactured or "mobile" home, you may be eligible for a $1,500 rebate. The North Carolina State Energy Office says that the rebate covers homes completed before Dec. 21, 2011.

The Energy Office says that you should make sure it's an "NCPlus Program" home to be eligible. "With the NCPlus Program," the office says, "you get a more comfortable home that is better for the environment, is likely to have higher resale value, that offers better protection against increases in energy costs, and your total monthly costs will be lower" than most manufactured homes without the Energy Star designation. These homes have more insulation, tight construction and tight ducts, advanced windows, are constructed by a certified home builder and inspected by an independent energy expert, contain energy-efficient compact fluorescent light bulbs and right-sized cooling equipment.

For more information call (919) 733-1901 or visit www.ncplusprogram.org.

Try This!

The heat pump advantage

By James Dulley

Heat pumps are becoming a more common alternative to central air conditioners no matter what type of existing heating system you have. This is because a heat pump can also heat, as well as cool, your house efficiently. With the high costs of oil and propane these days, an electric heat pump is easily the most economical choice for heating your home.

A geothermal heat pump is one of the most energy-efficient heating and cooling systems for any climate. Even though it provides a good long-term payback over its life on the investment, particularly in very hot or cold climates, the initial installation costs are considerably higher than for standard air-source models. Also, depending upon the yard and soil type, it may not be applicable for every house site.

A standard air-source heat pump is basically a central air conditioner with a few extra parts. The outdoor unit looks exactly the same as a central air conditioner. It is called a heat pump because it literally pumps heat out of your house (cooling mode) or into your house (heating mode) to or from the outdoor air around the outdoor compressor/condenser unit.

During the summer in the cooling mode, it draws heat from the indoor air as it passes through the indoor evaporator coils. Through a refrigeration cycle identical to an air conditioner, it expels this heat outdoors. The cooling efficiency is rated by its SEER (seasonal energy efficiency ratio). A heat pump's cooling efficiency is only slightly less than its similar central air conditioner model.

During the winter, a reversing valve inside the heat pump outdoor unit switches position. This reverses the flow of the refrigerant throughout the entire system. Instead of running the cool refrigerant through the indoor coil, it runs the hot refrigerant indoors. The cold refrigerant is run outdoors where it draws heat from the outdoor air. Since the refrigerant is colder than the outdoor air, it absorbs heat even though the outdoor air may feel cold to you. Heating efficiency is rated by HSPF (heating seasonal performance factor).

As it gets colder outdoors, it becomes more difficult for the heat pump to draw heat from the cold outdoor air just as the heating needs of your house increase. At a certain point, the heat pump can no longer provide enough heat to keep your house warm, and its built-in backup heating source comes on. Depending upon the type of backup heat and relative energy costs, your heating/cooling contractor can set the temperature at which the backup takes over.

There have been many recent developments in standard air-source heat pumps. The modulating, multistage output rotary compressor design, which was first introduced in central air conditioners, is now available in heat pumps. This design produces extremely high efficiencies for both heating and cooling (HSPF -10, SEER-22). You can get $2 to $3 worth of heat for each $1 on your electric bills.

This heat pump uses a rotary compressor with inverter technology to allow it to vary its heating or cooling output from about one-third to full capacity output. This not only saves electricity, but it also produces great comfort, quiet operation, and even room temperatures. Two-stage heat pumps also improve efficiency and comfort over standard single-stage models.

This heat pump uses a modulating rotary compressor in a stainless steel exterior condenser unit.

Another new two-stage heat pump design couples a solar panel with the outdoor unit. On a sunny day, this solar panel produces enough electricity to operate the condenser fan for up to an 8 percent electricity savings on the fan operation. At night, or when the day is not sunny, the outdoor condenser fan runs on electricity like any other heat pump.

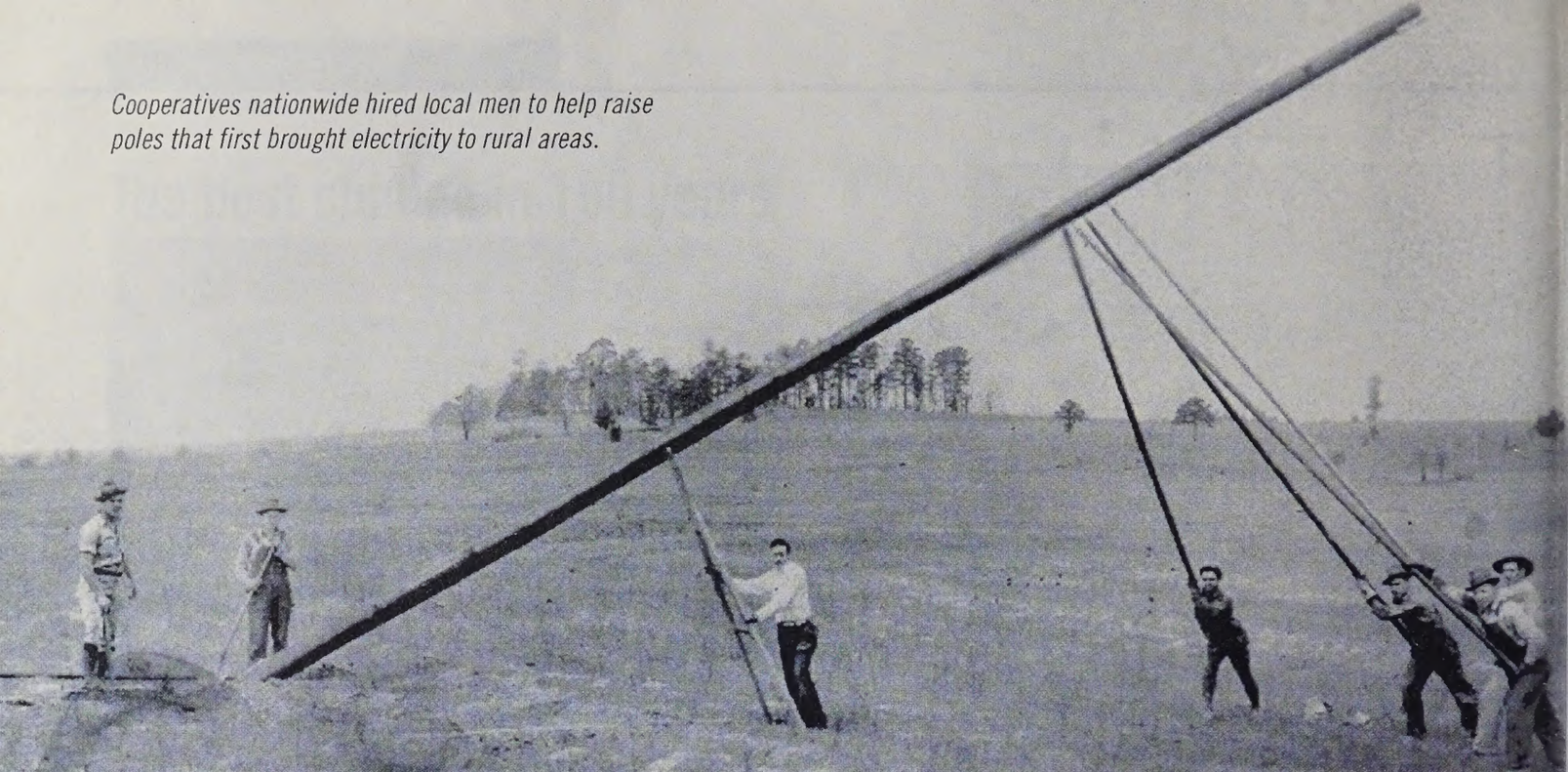
If you get a new, efficient outdoor heat pump you should replace your existing indoor air handler with one compatible with the new outdoor unit, even if your air handler seems to be working well. At the very least, the indoor evaporator coil should be replaced with a matching one.

No matter what type of new heat pump you select, make sure your duct system is compatible with it. There should typically be from 400 to 500 CFM (cubic feet per minute) of air flow per ton of cooling through the unit for the best efficiency. Your old duct system may have to be modified.

James Dulley is an engineer who also writes for the National Rural Electric Cooperative Association. For more information: www.dulley.com.

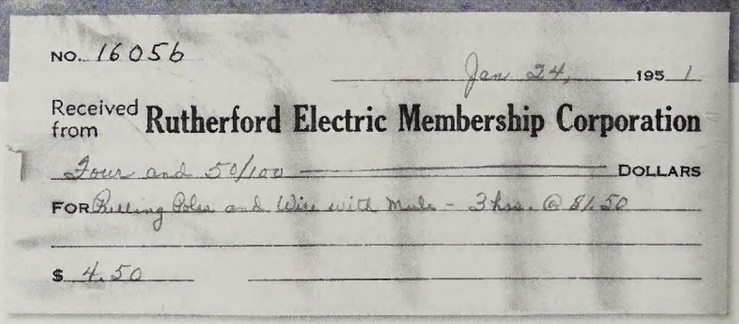
Can you help others save energy?
Send your conservation ideas or questions to us: P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

Cooperatives nationwide hired local men to help raise poles that first brought electricity to rural areas.



When power and poles first came to rural Polk County

By Tarry S. Bradley



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In 1951, Rutherford EMC paid my daddy $4.50 for three hours that he worked with Ol' Mabel, the family mule.

By 1948, the Rutherford Electric Membership Corporation had reached the remote sections of rural northern Polk County offering electricity to people who would join the cooperative. A big sign at the country store let people know that for a one-time $5 membership fee, they could receive electricity. My mother, Cleo Ownesby Bradley, said that was too good to be true. She wouldn't let my father, Spurgeon Bradley, go down to sign up and spend the $5. Times were hard, and she did not want to waste money.

The next year, power lines reached the people of Cooper's Gap Township—the ones who had spent the money. After seeing the reality of electrification, Momma relented and let Daddy go and sign up for this new electricity. In 1950, a power line came up Grassy Knob Road, then up Blanton Road, and finally over to King Stepp Road, where we lived.

King Stepp Road was not a state-maintained road, and no big trucks could get up and down it. Rutherford EMC contracted with Daddy to help the men bring electricity to us. He took Ol' Mabel, the mule, and dragged all the power poles (15 to 20) to the locations where they would be set in the ground. He also used Ol' Mabel to pull the electric wire from pole to pole. Daddy knew how electricity would be run to houses because he had worked for R. H. Bouligny Electric Company out of Charlotte in 1947, the year I was born. Rutherford EMC paid my daddy $4.50 for three hours that he worked with the family mule.

One cold December day in 1950, a small truckload of men came to our house, and I went outside to watch them set the pole in our yard. They dug the hole by hand with what looked like a 10-foot-long pair of posthole diggers. When the hole was dug, and they were ready to set the pole, one of the men said to "grab the dead man." As a 3-½ year-old boy, I wondered where the dead man was and what they would use him for. Three or four men picked up the top part of the pole and another man placed a brace (the "dead man") under the pole, and they raised the pole higher in the air. They repeated this procedure until the pole fell into the hole. It was a cold day for a little boy, but I was awestruck and watched the men work anyway. One man climbed the pole and attached the electric wires that would soon bring lights into our home.

After they connected the wires to our house and left, I decided that I too could climb as the man had just done. I ran toward the pole and wrapped myself around it and tried in vain to go up the new pole. I tried and tried but never left the ground. I learned later that the REMC man had hooks in his boots.

Momma and Daddy are gone, but the old house still stands today at 999 King Stepp Road. The power lines have since been buried underground, but as we requested, the bare REMC pole remains standing in the yard. I sometimes go back and recall that cold December day that I had no hooks in my boots.

Rutherford EMC built this power line 1½ miles to reach four houses in December 1950. Today, that same mile-and-a-half serves three developments with over 75 lots and nearly 30 houses along the way. What will 60 more years bring?

Mr. Bradley is a member of Rutherford EMC and lives in Mill Spring.

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Let there be light

New technologies bring us brighter, more efficient and longer-lasting lightbulbs

By Megan McKoy-Noe, CCC

On hot summer evenings, children love chasing fireflies and catching them in jars. Then the real magic begins as the intermittent glow captivates the captors.

That same sense of wonder can be found in labs as scientists refine the process of making light-emitting diodes (LEDs)—highly-efficient lightbulbs comparable to a firefly's glow. LEDs have been commonly used as solitary sensor lights in electronics; now manufacturers are searching for economical ways to contain a colony of LEDs in a single lighting shell. Just as children attempt to gather enough fireflies to make a lamp, an LED "jar" would create enough light output (lumens) to match that of traditional incandescent bulbs.

This research is part of national effort aimed at redefining household lighting. Starting in January 2012, the U.S. joins nations around the world in requiring lighting to be more energy efficient. In January, 100-watt incandescent bulbs—a technology developed in the U.S. by Thomas Edison in 1878 and largely untouched since—must by law become more energy efficient.

Prolific inventor Thomas Edison would be surprised to know no improvements have been made to his creation for 130 years!

Federal mandate

The U.S. Energy Information Administration (EIA) estimates we use 13.6 percent of our nation's energy supply to keep the lights on, and a lot of that power is wasted. If you've ever touched a traditional lightbulb when it's on, you realized much of the energy (90 percent) is released as heat (ouch!). This leaves a lot of room for improvement.

To tackle this issue, Congress passed the Energy Information and Security Act of 2007. By 2014, household lightbulbs using between 40 to 100 watts will need to consume at least 28 percent less energy than traditional incandescents, saving Americans an estimated $6 billion to $10 billion in lighting costs annually. The law also mandates lightbulbs become 70 percent more efficient than classic bulbs by 2020. (LEDs already exceed this goal.)

Look for labels

Such a massive product change means consumers must switch from thinking about lightbulbs in terms of watts (amount of energy used) to lumens (amount of light produced). Lumens tell you how bright a lightbulb is, no matter the type of bulb—the more lumens, the brighter the light.

The Federal Trade Commission has designed a "Lighting Facts" label and shopping guide that compares bulbs with traditional incandescent lightbulbs based on wattages at equivalent lumens. Beginning in 2012, labels on the front and back of lightbulb packages will emphasize a bulb's brightness in lumens, annual energy cost and expected lifespan.

Is this a bulb ban?

Contrary to popular belief, the federal Energy Information and Security Act of 2007 does not ban incandescent bulb technology; it requires bulbs use less energy.

"It's equivalent to standards passed in the 1980s to make refrigerators more energy efficient, and we're reaping those benefits," says Brian Sloboda with the Cooperative Research Network (CRN), a division of the National Rural Electric Cooperative Association. "Refrigerators use less than one-third of the electricity today than they did in the mid-1970s, but consumers can't tell a difference in how their food is cooled. The premise is, why not do the same for lightbulbs?"

The federal act halts the manufacture of inefficient lightbulbs, but stores will not remove tried-and-true incandescent bulbs from shelves come New Year's Day. Current inventory will still be available for sale until exhausted. And the improved efficiency requirements only apply to screw-based lightbulbs. Specialty bulbs for appliances, heavy-duty bulbs, colored lights and three-way bulbs are exempt.

Explore your options

Once traditional incandescents go the way of the passenger pigeon, residential bulbs will largely fit in three categories, each stacking up a bit differently:

- Halogen Incandescents: Use 25 percent less energy, last three times longer than regular incandescent bulbs.
- Compact Fluorescent Lamps (CFLs): Use 75 percent less energy, last up to 10 times longer.
- LEDs: Use between 75 percent and 80 percent less energy, last up to 25 times longer.

For consumers comfortable with their old incandescent bulbs, halogen

incandescents will be an easy first-step. Featuring a capsule of halogen gas around the bulb's filament, they're available in a variety of familiar colors and can be dimmed.

"Halogen offers a big efficiency advantage over standard incandescent bulbs," says John Strainic, global product general manager, GE Lighting. "It consumes fewer watts while delivering a precise dimming capability and a bright, crisp light."

The most familiar options on the market today—and most economical—are CFLs. The technology operates the same as fluorescent lighting in offices or the kitchen. The bulbs are now available in a wide array of colors and some can be dimmed. Always check the package to make sure a bulb meets your needs.

According to David Schuellerman, GE Lighting's public relations manager, CFLs are generally best used where lighting is left on for extended periods and full brightness is not immediately necessary, such as family rooms, bedrooms and common areas. As with all fluorescent bulbs, each CFL contains a small amount of mercury (five times less than a watch battery) and should be recycled. Many retailers offer free CFL recycling; visit www.epa.gov/cfl for details.

The final choice (remember the fireflies?) is LEDs. Although still developing, you can find LED lights, recessed fixtures, and some lower wattage replacement bulbs on store shelves.

"LEDs are the up-and-coming solution," predicts Schuellerman."As they come down in price, homeowners will embrace them. Currently, most residential LEDs are used for outdoor lighting where fixtures are left on for extended periods and changing bulbs is not easily done. LEDs are also great for linear applications like under cabinet lighting, where light sources with thin profiles are needed."

LEDs are more expensive than other options: a replacement for a 60-watt incandescent bulb costs between $30 and $60. But costs will fall as manufacturers respond to growing consumer demand.

For example, in 2008 LEDs comprised 10 percent of the output from CREE Inc., a North Carolina-based lighting manufacturer. Fast-forward three years and LEDs are responsible for 70 percent of the company's businesses, and bulb efficiency has doubled. Innovations like a new production line last year are driving down costs.

LEDs are not without their problems. They have to stay cool to operate efficiently, and when several bulbs are placed together for a brighter, more consumer-friendly light, lifespan decreases. However, many manufacturers are accounting for this by adding cooling elements to LED bulbs.

Can you see a difference?

Some consumers believe more efficient bulbs won't provide the same warm look and feel as classic bulbs, but Schuellerman disagrees.

"Lighting technologies are advancing at such a rate that consumers won't notice a marked difference in the color of light from different technologies or how that light is dispersed. You also won't necessarily see a difference in bulb shape. Some consumers don't like the look of twist-shaped CFLs, for example, so we offer covered CFLs that look just like incandescent bulbs. We also have an LED bulb that is a replacement for a 40-watt incandescent, as well as halogen bulbs, that both are housed in incandescent-shaped shells."

The difference will be found on your monthly electric bill—more efficient bulbs use between 25 and 80 percent less energy than traditional incandescents, and last much longer. The U.S. Department of Energy claims each household can save $50 a year by replacing 15 traditional incandescent bulbs. With these new technologies, you should be spending less on electricity bills for lighting and changing fewer bulbs.

To learn about lighting options, visit energysavers.gov/lighting. For details on the change and shopping tips visit ftc.gov/lightbulbs.

Megan McKoy-Noe, CCC, writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.

LED lightbulbs like the Energy Smart model from GE use between 75 and 80 percent less energy than classic bulbs.

Measuring light in lumens

New federal efficiency standards require lightbulbs to consume less electricity (measured in watts) for the amount of light produced (measured in lumens). Traditional 100-watt bulbs—typically incandescent bulbs—will give way to choices that use 72 watts or less to provide you a comparable amount of light. If you are replacing a 100-watt bulb, a good rule of thumb is to look for one that delivers about 1,600 lumens. As a result, a new bulb should provide that level of brightness for no more than 72 watts.

As of January 1, 2012, traditional 100-watt incandescent lightbulbs will no longer meet efficiency standards and will no longer be available at most stores. The law specifically limits the import or manufacture of inefficient bulbs. Stores will be able to sell remaining inventory.

Efficiency standards will kick in for other types of lightbulbs over the next three years. Traditional 75-watt incandescent lightbulbs will no longer be available as of January 1, 2013, and 40-watt and 60-watt versions will no longer be available as of January 1, 2014. However, you will have many other cost-saving options. Many of these choices are already on store shelves.

—U.S. Department of Energy

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the electric car has arrived

It runs on fuel that is cheaper, cleaner and made in the USA

By Michael E.C. Gery

The EnergyUnited plug-in electric Chevy Volt recently made a trip to the barn of co-op members Clyde and Marlene Hendren in Taylorsville. A visible symbol of EnergyUnited's innovation, the Volt joined the co-op's "clean fleet" of hybrid-electric and propane gas vehicles.

Imagine never again pulling into a gas station to refuel your car. Instead, when you reach your destination—at work, at home, at a shopping mall—you plug your car into an electric outlet to charge it.

"This is not the future. This is viable now," said Jeff Barghout, director of transportation initiatives at Raleigh's Advanced Energy. Previously instrumental in electric vehicle development at both DaimlerChrysler and General Motors, Barghout recently gave an update on plug-in electric vehicles (PEV) for North Carolina's electric co-op representatives.

Over five years ownership, the PEV will cost less to own than a similarly-sized gasoline-powered car, given that it won't require as much energy and its maintenance costs are lower to begin with.

As PEVs continue to emerge in the U.S. market, not just drivers will be changing behavior. Electricity providers will as well. And so will anyone who manages municipalities, office buildings and commercial establishments. They all will become familiar with the logistics of powering electric vehicles.

A 2010 Touchstone Energy "Cooperative Difference" survey found that 10 percent of North Carolina electric cooperative members "definitely" would consider buying an electric vehicle, and 32 percent "probably" would. The findings are similar to interest nationwide among co-op members, according to the survey. "If 10 percent of North Carolina's electric cooperative residential membership purchased an electric vehicle," the survey report says, "cooperatives would need to supply electricity and recharging equipment to approximately 80,000 to 100,000 vehicles."

Electric cars in the mainstream

Nearly all vehicle manufacturers today are preparing to introduce PEVs. The two most common ones now are the General Motors Chevy Volt and the Nissan Leaf. About 3,000 of each are on the road. The $41,000 Chevy Volt can run 30 to 40 miles on its electric battery until it requires either a recharge or power from its back-up gasoline engine (taking it another 340 miles). The $32,000 Nissan Leaf can run 70 to 140 miles before it needs recharging. Factoring in today's $7,500 energy tax credits, these cars cost about the same to buy new as a similarly sized gasoline car. Over five years ownership, Barghout said, it's estimated that the PEV will cost less to own than a Toyota Corolla, given that it won't require as much energy and its maintenance costs are lower to begin with.

"And," Barghout added, "the fuel is cheaper, cleaner and made in the U.S.A."

Because PEVs do not send emissions out a tailpipe, they could reduce the nation's greenhouse gas emissions by 25 to 30 percent, according to U.S. Department of Energy estimates, whose calculations included using coal to fuel electricity generation plants. While there are some 250 million vehicles on U.S. roads today, DOE estimates 1.5 million will be PEVs in 2015.

From electric to gas and back to electric

Why have we not had plug-in electric cars before now? Actually, we did. An electric car preceded the Ford Motel T by about 70 years. When the 1908 Model T came out, there were some 6,000 electric cars already in motion in the U.S. But Ford's newly introduced gasoline-powered car was far less expensive to make and buy, so that by 1920 it had taken over the market.

We saw renewed interest in electric cars in the 1960s and 1970s when new and stricter safety and emissions standards ushered in cleaner, more fuel-efficient vehicles. In the 1990s, as "hybrid" vehicles were introduced (powered by gasoline while charging an electric battery pack), all-electric vehicles still cost about $200,000 to buy. Now, with nearly universal support from American industry, government and consumers, the PEV has entered the mainstream.

What's it like to run an electric car?

Today's PEVs use electricity at the equivalent of 50 to 75 cents per gallon of gasoline for conventional vehicles. And that cost is expected to decline as battery prices do. The batteries are rechargeable lithium ion, the same technology that powers laptop computers and cell phones. And even after 10 years of vehicle use, they can serve as standalone power producers or they can be recycled.

While they are somewhat smaller than today's average family car, the PEVs perform like normal cars, except more quietly. The Volt can do 0 to 60 mph in 8.53 seconds, while the Leaf does it in 7 seconds. They both can reach 100 mph. Tesla Motors of California has a $100,000 2-door Roadster that goes from 0 to 60 mph in 3 seconds, and a $60,000 4-door that does it in 5.6 seconds and is available with a battery pack that can take it 300 miles before a charge.

> **"Once people start seeing public charging stations, they will begin losing their range anxiety."**
>
> ***Jeff Barghout, Advanced Energy***

The vehicles have navigation systems that calculate your travel range and are capable of locating the nearest charging station. Their cabin designs are more rigid than standard vehicles, mainly to protect the battery packs.

What about the electricity?

While PEVs can be plugged into your household power via a standard outlet, charging time could be 10 hours. More convenient is the industry-standard "Level 2" charging stations available from car dealers. They are 240-volt chargers that can be placed in a garage or outdoors and will fully charge a PEV in two to four hours.

While most charging will take place at home, public charging stations also are popping up in major markets. At a recent national Plug-In 2011 conference held in Raleigh, GE Energy Industrial Solutions announced the impending installation of 10 stations in Raleigh, Cary and Mebane (location of the manufacturing plant). Others are in Asheville and Charlotte. These eventually will be located at work places, parking decks, shopping malls and on street corners.

"Once people start seeing public charging stations," Barghout said, "they will begin losing their range anxiety."

Auto dealers typically guide buyers on all aspects of driving and charging these vehicles.

Today's vehicles draw about 700 watts of electricity to charge. Electric co-ops and other utilities already are gearing up for the extra load that PEVs will require.

"Each PEV is like putting another house on the grid," Barghout said. He mentioned a study by Oak Ridge National Laboratory that estimated if all PEVs are charged during peak-demand hours, the nation will need to build lots of new power plants. But if the plug-in charging time is "controlled" for off-peak hours (late night, for example), the need for new generation facilities will be next to none. Some control methods include timers at the charging station, lower rates for consumers who charge during off-peak hours, and various "smart grid" controls.

Is there an electric vehicle in your future?

If you are interested in buying one of these vehicles, your electric cooperative needs to know. Your cooperative can help you determine if the existing wiring and transformers that serve your home or business are capable of handling the extra power requirements your battery charging will demand.

A "Level 2" GE charging station installed at the new Whole Foods store parking lot in North Raleigh.

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Concord No. 58 met on the third floor of this Classical Revival brick building (c. 1908) in downtown Tarboro until it moved to its current hall in 1998.

The oldest institution in Tarboro

Concord Masonic Lodge No. 58 turns 200 in November

By William Reid

In Tarboro, where majestic Victorian homes line the streets of the historic district downtown, there is no institution older than Concord Masonic Lodge No. 58. The lodge that turns 200 years old on Nov. 22 has long established its permanence and proven its value to this Tar River community. Mayors, senators, generals, renegades, blockade runners and a governor have called this lodge home. They gave their time, talents, blood, sweat and tears for their lodge, community, state and country.

The comradeship and deeds of Freemasonry coincide with the founding of our country and its communities. The temperament, patriotism and republicanism of the southern American colonies and later the states were fertile grounds for Freemasonry to grow and spread. As a fraternal society that dates back to the 1600s, Freemasonry's bond of friendship and self-discipline attracted brothers from all walks of life. From farmer to merchant to aristocrat to politician, all brothers in the lodge stood on equal ground and were treated as such, though it may not have been a reality in everyday life.

Freemasonry in Tarboro and Edgecombe County did not begin with Concord Masonic Lodge No. 58. When the state legislature met in Tarboro in 1787, thus making it the state capital that year, Tarboro did not have a Masonic lodge. The leading members of North Carolina lodges, however, were in Tarboro for the meeting of the legislature. While here, they convened the Grand Lodge of Ancient, Free and Accepted Masons of North Carolina on Dec. 9–11, 1787. That lodge remains the oldest and largest fraternal organization in North Carolina. (Other lodges formed as early as 1755 but did not continue as long.)

On Dec. 11, 1792, the Grand Lodge chartered Raleigh Lodge No. 20 in Tarboro as the town's first. That Masonic lodge was dissolved Dec. 2, 1799, and no records remain.

The first meeting of the Concord Masonic Lodge No. 58 was held at the Tarboro home of John H. Hall on May 24, 1811. The lodge met at least 10 times before it received a charter from the state's Grand Lodge. The official charter—which the lodge still maintains—is dated Nov. 22, 1811. The minutes of Nov. 25, 1811, record the first use of the number "58."

The lodge met in the house of Maj. Reading Blount downtown, the same place where earlier George Washington stayed April 18, 1791, during his

The building where Concord No 58 met downtown is on the far left, shown in this vintage postcard of Main St., Tarboro.

Exhibit

The Blount-Bridgers House, maintained by the Edgecombe County Cultural Arts Council at 130 Bridgers St. in Historic Tarboro, hosts an exhibit through Sept. 30 focusing on the history, portraits and relics of Concord Masonic Lodge No. 58. The house is open Wednesday–Saturday, 10 a.m.–4 p.m. and Sunday 2–4 p.m.

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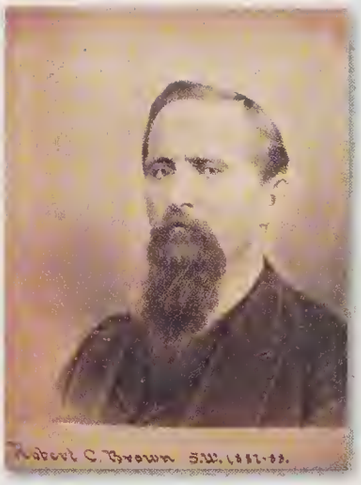
southern tour. Books of minutes chronicle lodge activities from 1811. Handwritten correspondences and documents tell the story of Concord 58. Penmanship and literacy vary greatly, and they reveal not just official business but also the thoughts and ideals of the times. Some examples:

At the January 1818 meeting, it was "Resolved, that the Tyler procure for the use of this lodge twenty spit boxes." The tyler was an officer who served as the "outer guard," standing outside the door of the room while the lodge was meeting.

In 1821, Concord No. 58 had 28 members who met monthly and paid dues of 50 cents a quarter. Once funds exceeded $100, members could apply for personal loans which had to be paid with interest within a year.

On March 15, 1845, it was "Resolved that the interest accruing from the funds of this lodge be appropriated to the education of the orphans or children of indigent Worthy Master Masons and that should there not be a sufficient number of Masonic children that the committee be privileged to make selections among others that are not Masons."

In 1998 when the lodge moved from its Main St. location to a new location off Barlow Rd., a collection of portraits was discovered in an attic. These portraits of lodge officers and brothers, dating from the late 1810s to the 1870s, represent a Who's Who of the Tarboro community's elite: Gen. Louis Dicken Wilson (1789–1841), namesake of Wilson County, state legislator, Mexican War hero and benefactor of local causes; Gen. William Dorsey Pender (1834–1863), Tarboro native, namesake of Pender County, a West Point graduate who died of wounds suffered at Gettysburg; Gov. Henry Toole Clarke 1808-1874, Civil War era governor. Others are still being identified. The lodge plans to restore and preserve these portraits.



One of the Masonic brothers in one of the portraits recently found in the lodge's collection. This one shows Robert Cotton Brown (1834–1894), a brother in 1860 and a captain in Company B of the 44th Regiment of the Confederate Infantry. The lodge did not meet from December 20, 1861 until April 15, 1865, during the Civil War. R.C. Brown lived through the war to return as a member.

William Reid is compiling the third and most recent history of Concord Masonic Lodge No. 58.

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Wadsworth Congregational Church

Photography by Ashley Fetner

Wadsworth Congregational Church, designated as a Guilford County Historical Landmark, is located on Rock Creek Dairy Road in Whitsett. It was built in 1885 by Rev. William Madison Lindsey, who founded the church in1870.

Rev. Lindsey's parents were slaves. He escaped to Canada and later returned to the United States and lived in Cambridge, Mass. In Cambridge, William Lindsey was employed as a valet to the poet Henry Wadsworth Longfellow. Longfellow helped Lindsey with his admission to Oberlin College in Ohio, and Lindsey attended school there from 1862 to 1866. After graduation, Rev. Lindsey returned home to found and later build the Gothic Revival style church, which he named after Longfellow's mother.

The brass bell from England that hangs in the bell tower was presented to the Wadsworth Congregational Church in August of 1886 by businessman and philanthropist James J.H. Gregory. The bell is inscribed with Psalm 89:15 "Blessed are those who have learned to acclaim you, who walk in the light of your presence, O Lord."

—Kay Fetner

Ashley and Kay Fetner are members of Randolph EMC.
www.ashleyfetnerportraits.com

Strategic plantings can cut your energy bills

By Megan McKoy-Noe

You've upgraded your appliances, insulation, and lighting to help lower your monthly electric bill. What else can you do? Plenty, if you have a yard with landscaping options. Fall is a good time for planting in North Carolina, and the right combination of plants and trees can unearth hidden energy savings.

The U.S. Department of Energy claims that landscaping with energy efficiency in mind, on average, could save enough energy to recoup your investment in less than eight years. Here are two ways to think about planting for energy savings:

Shading savvy

In general, residents in North Carolina and the rest of the Southeast should make the most of shade during warm temperatures, but use trees that will eventually lose leaves (deciduous) to let winter sun shine through.

Shading a home with trees could drop the surrounding air temperature by as much as 9 degrees Fahrenheit. It gets better closer to the ground—since cool air sinks down, the air under trees may be up to 25 degree cooler than the air over the driveway.

Different trees serve unique purposes. To block solar heat on hot days but let the winter sun through in cooler temperatures, use deciduous trees. Evergreen trees and shrubs are ideal to provide continuous shade and also block heavy winds.

If you have an air conditioner, shading the unit can increase its efficiency by as much as 10 percent. Shading takes time. For example, a 6-foot to 8-foot deciduous tree planted near a home will begin shading windows in a year. Depending on the species and the home, the tree will shade the roof in five to 10 years. If this seems slow, remember that slow-growing trees have a number of advantages over faster-growing ones. They tend to live longer, their deeper roots make them more drought resistant, and they have stronger branches. Plant trees far enough away from the home so that when they mature, their root systems do not damage the foundation and branches do not damage the roof.

Don't forget about shrubs and groundcover plants. These short but sturdy shade-givers reduce heat radiation, cooling air before it reaches your home's walls and windows.

Windbreaks cut heating costs

Shrubs and trees create windbreaks and can keep wind chill away from a home. During cooler temperatures a windbreak reduces wind speed nearby, saving your home from higher heating costs.

It is always important to check wind directions at your home for yourself. However, generally in North Carolina, prevailing winds come from the northwest year-round; for most of the central part of the state, prevailing winds come from the southwest from November to mid-August; and on the coast, winter winds tend to come from the north and northwest.

It's best to block wind with a combination of trees and shrubs with low crowns—foliage which grows close to the ground. Evergreens are ideal. For the best protection, plan on leaving between two to five times the mature height of the trees or shrubs between the windbreak and the protected home.

Megan McKoy-Noe writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association in Arlington, Va. Sources include U.S. Department of Energy Office of Energy Efficiency and Renewable Energy.

NC resource

For more tips about energy-saving landscaping in North Carolina, visit www.ncsc.ncsu.edu and type in "energy efficient landscaping" in the search field.

The most creative peanut butter sandwich

For the past decade, Jif brand peanut butter has sponsored a Most Creative Peanut Butter Sandwich Contest. Families get creative in the kitchen by making unique peanut butter sandwiches for a chance to win a $25,000 college fund.

Last year, 8-year-old Margalit Mermelstein of Raleigh won with her "Wushu Chicken Tacos." The sandwich pairs Jif Creamy Peanut Butter with chicken, asparagus and squash, wrapped in a tortilla.

To mark the contest's 10th anniversary this year, Jif is adding $10,000 in educational prizes for the grand prize winner and the option to enter online for the first time.

The sandwich contest is open to kids ages 6–12. Families must visit the Jif contest website to see the rules and print the entry form. Mailed entries must be postmarked by Oct. 12, 2011. Online entries must be submitted by 11:59 a.m. on October 12, 2011.

Websites are online in both English and Spanish. They are www.jif.com and www.jifenespanol.com.

Sandwiches will be judged on creativity, taste, nutritional balance, appearance and ease of preparation.

Ten semi-finalists will be selected to compete in a national online vote in January 2012. Five finalists will be selected to compete at a live judging event in New York in March 2012. Four runners up will each receive a $2,500 college fund.

A contest for parents

The "That's Why I Choose Jif" contest gives parents a chance to share stories about the choices they make for their families. Adults can visit www.Jif.com to submit an essay—250 words or less in English—answering one of the following questions:

How do you make the best choices for your family?

Why do you choose Jif Peanut Butter?

One grand prize winner will win a four-day, three-night trip to New York to serve as a judge at the 10th Annual Jif Most Creative Peanut Butter Sandwich Contest finale event in March 2012.

Wushu Chicken Tacos

2010 Winning Recipe

- ½ cup diced rotisserie chicken
- ¼ cup asparagus pieces, about 1-inch long
- ¼ cup yellow squash pieces
- 2 fajita-size flour tortillas (6-inch)
- 2 lime wedges, optional

Sauce:

- 1 slice (⅛-inch thick) fresh ginger, peeled and cut in half
- 2 cloves garlic, peeled
- 2 tablespoons Jif Creamy Peanut Butter
- 1 tablespoon soy sauce
- ⅜ teaspoons chili paste with garlic
- 2½ teaspoons sugar
- 2½ teaspoons Worcestershire sauce
- 2¼ teaspoons sesame oil
- 3½ teaspoons water

Chop ginger and garlic in a small food processor as finely as possible. Add next seven ingredients and process until sauce is completely smooth. If sauce is too thick, add more water. If sauce is too thin, add more peanut butter. Toss about half the sauce with the chicken and put aside in a covered bowl. Boil about 1 inch of water in a large skillet and add asparagus. Cover skillet and turn off heat. In 1–3 minutes, lift off cover and remove asparagus using tongs. Cut off ends of squash and cut squash into half-moon pieces. Put ¼ cup squash pieces into a microwave-safe bowl and add a little water. Cover with plastic wrap and microwave about 2–3 minutes. Let cool slightly and carefully drain off water. Place tortillas in microwave and cook about 15 seconds, or until tortillas are warm and bend easily. Put chicken in tortillas, top with asparagus and squash and drizzle with additional peanut butter sauce. Serve with optional lime wedges.

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800-283-8915 | www.jif.com

Back-to-school lunches and munches

Slip some fun in with those carrots and crackers

Making sure kids get balanced and nutritious school lunches and after-school snacks doesn't have to be hard. A fun way for you and your kids to compare foods that provide nourishment with ones that offer little or no nutritional value is to start a family food album. Have your kids cut photos of food and nutrition labels making note of those foods that are considered healthy and those that are not. Your kids will learn about healthy eating and enjoy arts and crafts projects, too.

Here are some fun tips from Boar's Head, which makes deli meats and cheeses, for meals and snacks that kids will love:

- If your child leaves most of his or her sandwich behind, use cookie cutters to create a favorite shape such as an airplane, car, star or heart. The fun shape might encourage your child to finish the entire sandwich.
- A colorful selection of food and different texture adds appeal—carrot sticks and green grapes for color, whole wheat pretzels and crackers for crunch.
- Put a surprise in your child's lunch: a sticker, a note of encouragement, or a small toy.
- Children love the do-it-yourself aspect of building their own pizza or making their own cracker stack. You can make the experience fun and healthier by cubing meats and cheeses and putting them in a bag along with some low-salt crackers.
- Roll meats and cheeses for dipping into condiments—it will make a hungry child happy and keep them satisfied until dinner time.

For a quick and tasty lunch, try these easy Turkey and Apple Roll-ups. And for a simple after-school snack, Turkey Kabobs are fun and easy to make.

—Family Features.com

Family Features.com

Kids like crunching the apple strips tucked in these Turkey and Apple Roll-ups.

Turkey and Apple Roll-ups

1–2 tablespoons cream cheese, low-fat
1 96 percent fat-free tortilla (8-inch)
2 slices glazed honey turkey breast
¼ cup fresh baby spinach
½ medium-sized apple, cut into thin strips

Spread cream cheese on one side of tortilla. Place turkey slices evenly over tortilla, then add spinach leaves and sliced apple. Roll tortilla tightly, tucking ingredients as you roll. Slice wrap in half diagonally and serve.

Servings: 1

Turkey Kabobs

2 slices turkey breast, sliced ¼-inch thick
2 slices yellow cheddar cheese, sliced ¼-inch thick
12 grapes, white seedless
Toothpicks, long

Cut turkey and cheese into cubes. Place a cube of turkey on a toothpick, followed by a cube of cheese and then a grape. Repeat with remaining items. Arrange on a plate and serve.

Servings: 12

Visit www.boarshead.com for more kid-friendly lunch and snack ideas.

By Jim Dulley

Block windows are a safe, efficient option

Glass- and plastic-block windows have few air leaks, protect against storm damage and provide security against break-ins.

As people become more concerned about home security, they are replacing more of their old, inefficient windows with glass- and plastic-block windows. This is particularly true for first-floor and basement windows where a would-be thief can hide and take time to quietly pry open or break a standard window.

Protection from severe weather is now also becoming a more widespread concern. Some standard pane-glass windows can withstand the force of the wind during a violent storm, but damage from flying debris often does much of the damage. Hurricane-resistant block windows can prevent this damage.

It is possible for an intruder to break through a glass-block window, but it would be very difficult, take quite a bit of time, and create a lot of noise.

Plastic-block windows are also available and look identical to true glass blocks. Most are molded from acrylic plastic, which is fairly impact-resistant, much more than standard double-pane glass windows, and it does not yellow over time.

Glass- and plastic-block windows can be energy efficient for several reasons. There is a sealed insulating air gap inside of each block. This works to be particularly efficient in glass blocks because the two halves are fused together under heat. When the glass blocks and the air inside the sealed gap cool, a slight insulating vacuum is created inside the block.

Hy-Lite

These plastic-block windows were installed in a kitchen to provide natural light with privacy.

Just as most replacement windows now use low-E (low-emissivity) coating on the glass, so do glass and plastic blocks. Some Hy-Lite acrylic plastic blocks have an efficient low-emissivity coating on a third pane inside the block, providing an R-3 insulating value. This can be combined with a tinted block for summer heat rejection of SHGC (solar heat gain coefficient) = 0.27, plus winter heat savings.

Another plus: block windows are very airtight and remain so. There is very little, if any, air infiltration when the blocks are assembled properly in mortar or clear silicone. (When installing a completed block panel, make sure to caulk well around the frame perimeter.)

If you want the option of natural ventilation, several of the blocks can be replaced with a small hopper window. The opening panel is made from tough polycarbonate plastic. It is too small to get through even if someone could break it. A hopper-style window closes on compression-type weatherstripping, so it is very airtight.

Opening casement-style block window panels with privacy style blocks are often used in bathrooms and basements. Always check your local building codes about egress (escape) requirements for rooms in your house. If there is a fire or a roof collapses during a tornado or hurricane, you need to have a window that will open wide enough to crawl through. Many casement style block replacement windows should meet these requirements.

There is quite a learning curve to install individual blocks yourself, so if you are inexperienced, select preassembled panels. These large complete panels are installed similarly to any replacement window. Some of the strongest glass block panels, which meet IBC (International Building Code) and Dade County, Fla., hurricane impact tests, are framed by 2-by-6 pressure-treated lumber.

Glass-block panels, such as from Pittsburgh Corning, are available in 60 sizes and three block patterns. Plastic blocks, such as from Hy-Lite, can be custom-sized to fit your existing window opening.

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

Resources

The following companies offer glass- and plastic-block windows:

Builders Accessories, (888) 921-7086
www.acrylicblock.com

Circle Redmont, (800) 358-3888
www.circleredmont.com

Glashaus, (815) 356-8440
www.glashaus.com

Hy-Lite Products, (888) 256-2599
www.hy-lite.com

Pacific Accent, (888) 522-4527
www.pacificaccent.com

Pittsburgh Corning, (800) 624-2120
www.pittsburghcorning.com

Have a question for Jim?
Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com.

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Sept. 7 with your name, address and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our October issue, will receive $25.

August winner

The August photo by Michael Gery showed a barn next to the original Mast General Store on Broadstone Rd. (Hwy. 194) in Valle Crucis, Watauga County. Fans of the store and Valle Crucis from across North Carolina guessed the location correctly. Mary Mast told us the barn was in her family and located near here. When it no longer housed animals, the family wanted to raze it so a son could build a house on the site. Mast General Store owner John Cooper offered to buy it, but the family gave it to him, and he had it placed on logs and moved here. The winning answer, chosen at random from all the correct entries, was from Abbie Crumrine of Boone, a member of Blue Ridge Electric.

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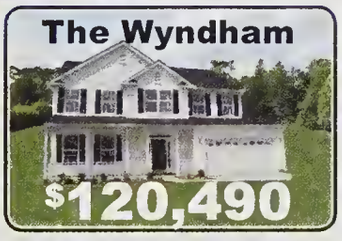

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I Remember...

Uncle Joe worked in the projection room.

The theater dinner

As a young girl, my parents and I traveled from the Midwest to Asheville almost every summer to visit Aunt Mattie and Uncle Joe Simmons. She was a great southern cook, and he had a belly laugh like no one else's.

Uncle Joe started working in theaters as a young boy, pumping the organ so it would play during silent movies. He later became a projectionist which required him to lift the large and heavy reels of film in order to change them at intermission.

When he worked at the State Theater in downtown Asheville, I would sometimes go with Aunt Mattie to take him supper. She would heap a metal pie plate with pork chops, fried potatoes, cornbread and homegrown green beans, and then cover the plate with foil. A Mason jar was filled to the brim with icy, cold sweet tea. When we got to the theater, we had to climb the steep, dark stairway to the projection room.

Uncle Joe greeted us with a big smile when we got to the top of the stairs and gladly took the jar and pie plate from our hands. About halfway through his meal, he would rub his stomach and say, "Mm-mm-mm good, Mattie!"

I loved watching Uncle Joe eat his "theater dinner" knowing I would get the same thing for my supper when Aunt Mattie and I returned home.

Donna Tyree, Gastonia, Rutherford EMC

Stability

When my mother was 6, her mother died and left behind four little girls. The children began a life of instability, encountering one new situation after another. Soon the girls were no longer together but living apart with various relatives.

When my mother was in high school she lived with a family "up town," some distance away from the farm of her childhood. She said that often she did her studies in the little time left after all the chores were done. But with hard work and determination, she graduated from Burnsville High School and continued another year at Asheville Normal School.

Then she married and started her own family. As a wife and mother she joined efforts with her husband to take care of the home while he worked in the mining industry.

My mother lovingly cared for her family: cooking, cleaning, gardening, canning, milking cows, churning butter, gathering eggs, rendering lard and growing the most beautiful and largest dahlias ever. Some of my most precious memories are of helping my mother pick wild strawberries, whitewash the tree trunks, stretch the Priscilla curtains on the curtain frames, make biscuits and hearing her laugh. She may have grown up with much uncertainty, but for me, she provided stability, tender care and love.

She is gone now, but I return to that place called home, spending most of the summer there. I can still hear her laughter, smell her home-cooked meals and enjoy the flowers she planted and tended many years ago.

Glenna Brinkley Brendell, West End, Randolph EMC

To this day I can enjoy the flowers my mother tended many years ago.

Conley always cared for the land and helped neighbors without asking anything in return.

Conley Cheek

Conley Cheek, who passed away in August 2009, was like a grandfather to all of us in Fleetwood of Ashe County. A decorated war hero, he was a survivor of Pearl Harbor. When he married, his wife had a log cabin built by her great-grandfather. He numbered the logs, took them apart piece by piece and moved them to their property here in the Blue Ridge Mountains.

"Back when I was a boy," he said one time, "everyone had a patch of land and raised buckwheat. The Hartzogs owned a gristmill and the '40 flood took it. Over yonder on the South Fork they buried that apple tree in pine-sap, and those timber cutters let trees fall on it. So I went over there with a chainsaw and cut them away so it could grow. In winter the gobblers go off together, and the hens roost in these river chestnuts."

Anne Hart Herrick, Fleetwood, Blue Ridge Electric

The fan

The only air conditioning we had growing up was a roaring electric fan in the window with the curtains carefully tucked in so not to be caught in the blades. I remember my younger brother and I talking and laughing into it to hear the funny echoes of our voices. We would also take naps on a quilt thrown on the floor in front of the fan that not only cooled us on many summer afternoons, but the sound of it and the blowing air in my face would put me right to sleep.

I have air conditioning in my home, but on the nights when I find myself restless and unable to sleep, I plug in my fan at the foot of my bed, and minutes later the stresses of my day are fanned away and I am napping like a baby once again.

Jean Burger, Kittrell, Wake Electric

SEND US YOUR *Memories*

We'll pay $50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

Guidelines:

1. Approximately 200 words.
2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.
5. We pay $50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. **E-mail:** iremember@carolinacountry.com **Or by U.S. mail:** I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616

Send us your favorite photo (North Carolina people or scenes) and the story that goes with it. We will pay $50 for each one that we publish in our Carolina Country Scenes gallery in the February 2012 magazine.

CAROLINA COUNTRY SCENES photo contest

RULES:

Deadline: November 15, 2011.

One entry per household.

Digital photos should be a minimum of 1200 by 1800 pixels. Prints a minimum 4 x 6 inches.

Include your name, electric co-op, mailing address and e-mail address or phone number.

If you want your print returned, include a self-addressed, stamped envelope. (We will not return others.)

We pay $50 for each submission published. We retain reprint rights.

We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)

SEND TO:

E-mail: editor@carolinacountry.com
Mention "Photo Contest" in subject line.

Mail: Carolina Country Photo Contest
3400 Sumner Blvd.
Raleigh, NC 27616

Be seen while cycling

"See me wear" is a new line of cycling wear developed by Earle Bower, a retired businessman and cyclist. Bower lives in North Carolina and rides year-round. After several close calls with motorists, he developed cycling wear specifically to provide for the greatest possible visibility. "See me wear" jerseys are designed using three very bright fluorescent colors in an alternating chevron stripe pattern of international orange, brilliant yellow and fire engine lime. The jerseys are 100 percent polyester and provide wicking properties. They are also sublimation printed so the colors won't fade for the life of the jersey; and feature three back pockets and invisible zippers. The original short-sleeved jersey is available at an introductory price of $59.95, and Bower is developing a complete line of high visibility wear for cyclists. Profits of "See me wear" products will go to the Rails-to-Trails Conservancy, to encourage safer cycling.

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www.seemewear.com

Giving while you shop

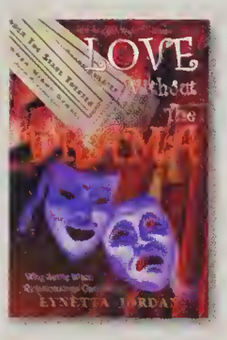
What if every purchase you made at more than 3,000 stores (from Toys "R" Us to Best Buy) also earned a donation for your favorite North Carolina charity or local school? GoodShop.com is an online shopping mall that donates up to 30 percent of each purchase to your favorite cause. It also provides coupons and free shipping deals. There are currently more than 100,000 charities and schools benefitting from GoodSearch. Those in North Carolina range from the Big Brothers Big Sisters—Western North Carolina in Asheville and Animal Awareness Society in Randleman to Pernell Swett High School in Pembroke and Bogue Elementary School in Newport. Here is how the site works. Go to www.goodshop.com, put in your favorite charity or school in the "Who do you GoodSearch for" box (you only have to do this the first time). It will then verify whether the charity or school is on its list. (To browse through participating schools and charities, click on "Participating Nonprofits" at top of the home page. It will allow you to designate North Carolina-only organizations.) Once your selection is verified, you then click through to stores and shop as you normally would. A percentage of what you spend will go to your cause.

www.goodshop.com

Carolina Country Store features interesting, useful products, services, travel sites, handicrafts, food, books, CDs and DVDs that relate to North Carolina. To submit an item for possible publication, e-mail editor@carolinacountry.com with a description and clear, color pictures. Or you can submit by mail: Country Store, Carolina Country, 3400 Sumner Blvd., Raleigh, NC, 27616. Those who submit must be able to handle mail orders.

on the bookshelf

Love Without The Drama



Why settle when your relationship can sizzle? In this book, radio host and motivational speaker Lynetta Jordan offers biblical and practical wisdom toward helping readers heal from heartbreak and move toward better relationships. Chapter titles include "Deliver Me From Drama," "Three Things Every Woman Wants," "Three Things Every Man Needs" and "Marriage Truths, Myths and Mysteries." The book also encourages strategies and hope for singles, with tips for how to unmask what she calls "haters and disguised destiny stealers." Jordan, who lives in Elizabeth City, is an Albemarle EMC member. Published by Speaklife in Wilmington, Del. Softcover, 224 pages, $12.99.

(888) 596-3882 (LYNETTA)
www.LoveWithoutTheDrama.com

Dogs of Meadowbrook

The setting is a former cornfield surrounded by 36 acres of hardwoods, in north-central North Carolina. The period is 1987–2001. And the characters are a unique pack of brave, playful dogs who share adventure, tragedy, joy and humor with a working married couple. Written by Blue Ridge EMC member William Schwenn, "Dogs of Meadowbrook" looks at how canines touch and alter the lives of those around them. The couple's intimate bonding with their distinctive and engaging dogs ultimately encourages readers to increase joy and a sense of purpose in their own lives. Published by Strategic Book Group of Durham, CT. The book is no longer being published in print form but is available for $9.99 by ordering on the Internet in electronic format through e-book vendors.

Kindle (through www.Amazon.com)
Nook (through www.Barnes&Noble.com)

Wild North Carolina

Celebrating the beauty and diversity of the state's natural landscapes, this new book provides an illustrated introduction to North Carolina's interconnected plant and animal life. From dunes and marshes to high mountain crags, through forests, swamps, savannas, ponds, pocosins and flatrocks, North Carolinians David Blevins and Michael Schafale reveal in words and photographs natural patterns that help readers see familiar places in a new way and also view new places with a sense of familiarity. "Wild North Carolina" introduces the full range of the state's diverse natural communities through color illustrations, accounts of significance and details on where to go to experience the communities first hand. Blevins is a nature photographer and forest ecologist, and Schafale is a community ecologist. Hardback, 184 pages, $30.

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3 GALLON 100 PSI OILLESS PANCAKE AIR COMPRESSOR

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"Conscience is the inner voice that warns us that

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—*H. L. Mencken*

Use the capital letters in the code key below to fill in the blanks above.
ABDGE IKL MNOSY means
power and light

If you were born before 2000

Take the last two digits of the year you were born.

Now add the age you will be this year. Your answer is 111.

digit DETECTION

S	O	L	V	E
9	9	9	9	9
8	8	8	8	X
7	7	7	7	X
6	6	6	6	6
5	5	5	5	5
4	4	4	4	4
3	3	3	3	X
2	2	2	2	X
1	1	1	1	1
X	X	X	X	X

DIGIT DETECTION

Each letter in the word SOLVE stands for a digit. Given these simultaneous equations, can you find the value of each letter? use the grid to eliminate impossibilities. No square ends in 2, 3, 7, or 8.

$(SO)^2 = LVE$. The square of the two-digit number SO equals the three-digit number LVE.

S+O=L+V+E
S+S=V
V+V=E
E+E=0

For a solution, send e-mail to joyner@carolinacountry.com.

Answers are on page 33

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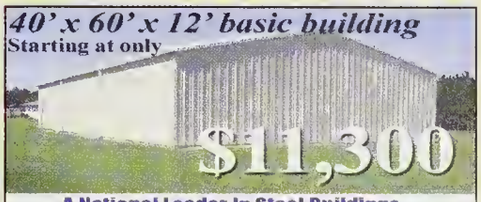

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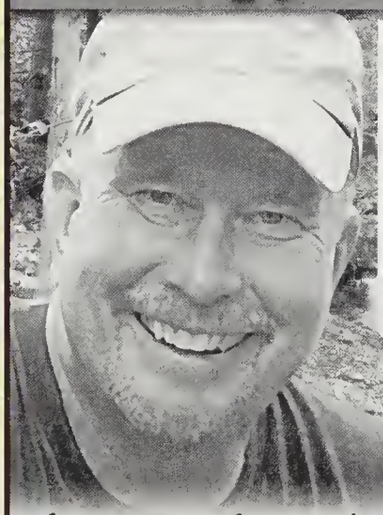

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By Mary Conroy

Plant swaps

We all love the word "free"! It's an especially wonderful word for all gardeners. Whether you are a newbie or a seasoned gardener you may have heard about plant swaps. Experienced gardeners love to pot up offspring of favorite plants to share with others while newbies love to receive these free pass-alongs. No money is exchanged for plants, and nothing is sold. How great is that?

Most people who are able to check out the Internet garden sites will see lots of lists of spring and fall plant swaps all over the Carolinas. Many of our local papers and garden clubs also are good sources to find plant swaps. Here is an excellent site for plant swap get-togethers: www.gardenweb.com.

Plant swaps are a great way to network with like-minded people. Plant swaps are not just about sharing plants but also bulbs and seeds. At some point every gardener realizes perennials will look better if divided, and this is a perfect way to pass along these plants.

If you need advice about what does well in your area or if you need native plants, a plant swap is a perfect place to start. Ask gardeners about a favorite plant, and they share wonderful stories of how they came to have this or that plant.

How to run a successful plant swap

Fall is an ideal time to hold a plant swap. By this time of the year you know what plants you want to part with. Although many perennials may not have shown their full glory, gardeners are ready to do transplanting this time of the year.

Hold the event in someone's backyard or inside someone's garage should it rain. You may want to use a public garden space if you have a large crowd.

You can invite just a few gardening friends or open the event up to the public. A large-scale plant swap is a perfect event for your garden club, a senior's organization, a neighborhood association.

Get the word out by e-mail sent to garden friends or distribute invitations or fliers. Tell gardeners to bring perennials, annual seedlings, shrubs and vines.

Online plant swap resources

www.plantswap.net
http://forums.gardenweb.com
www.worldplantexchange.com

To do in September

- Fertilize established lawns around mid-month. A general recommendation to use is 10 pounds of 10-10-10 per 1,000 square feet of lawn. The three fescue-fertilizing holidays are Labor Day, Thanksgiving and Valentine's Day.
- Control winter weeds with a pre-emergent herbicide applied Sept. 1–15 on lawn and shrub plantings.
- Overseed warm season grasses with ryegrass in late September.
- Use pelletized lime for surface application. Do not till into soil.
- Peachtree borers are serious pests of all members of the prunus family (cherry, plum, peach, apricot, nectarine, cherry and other laurels, and flowering varieties of fruit trees). Timing is critical for control. Use Dursban or Thiodan in late August or early September. Spray from the lowest set of branches and thoroughly wet the trunk down to and around the soil line. Repeat the application in early spring before fruits form.
- Prepare plants for dormancy. As day length shortens and temperatures begin to cool down, trees and shrubs prepare for the winter. To permit the plant's internal processes to proceed naturally, do not fertilize or prune, and gradually decrease watering. Properly acclimated plants have a greater degree of winter hardiness.

Plants in flower

Ginkgo or maidenhair
Red maple
Southern sugar maple
Japanese maple
Sourwood
Crepe myrtle
Tulip poplar
Chrysanthemums
Burning bush
Rabbiteye blueberries

GO ONLINE

Mary Conroy is a Master Gardener in Forsyth County. Visit her online gardening forum: www.gardeningcarolina.com.

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.

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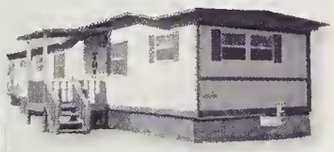

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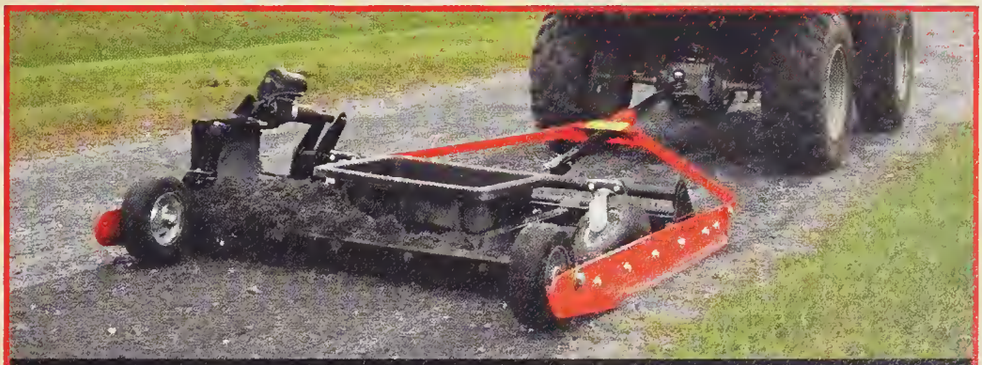

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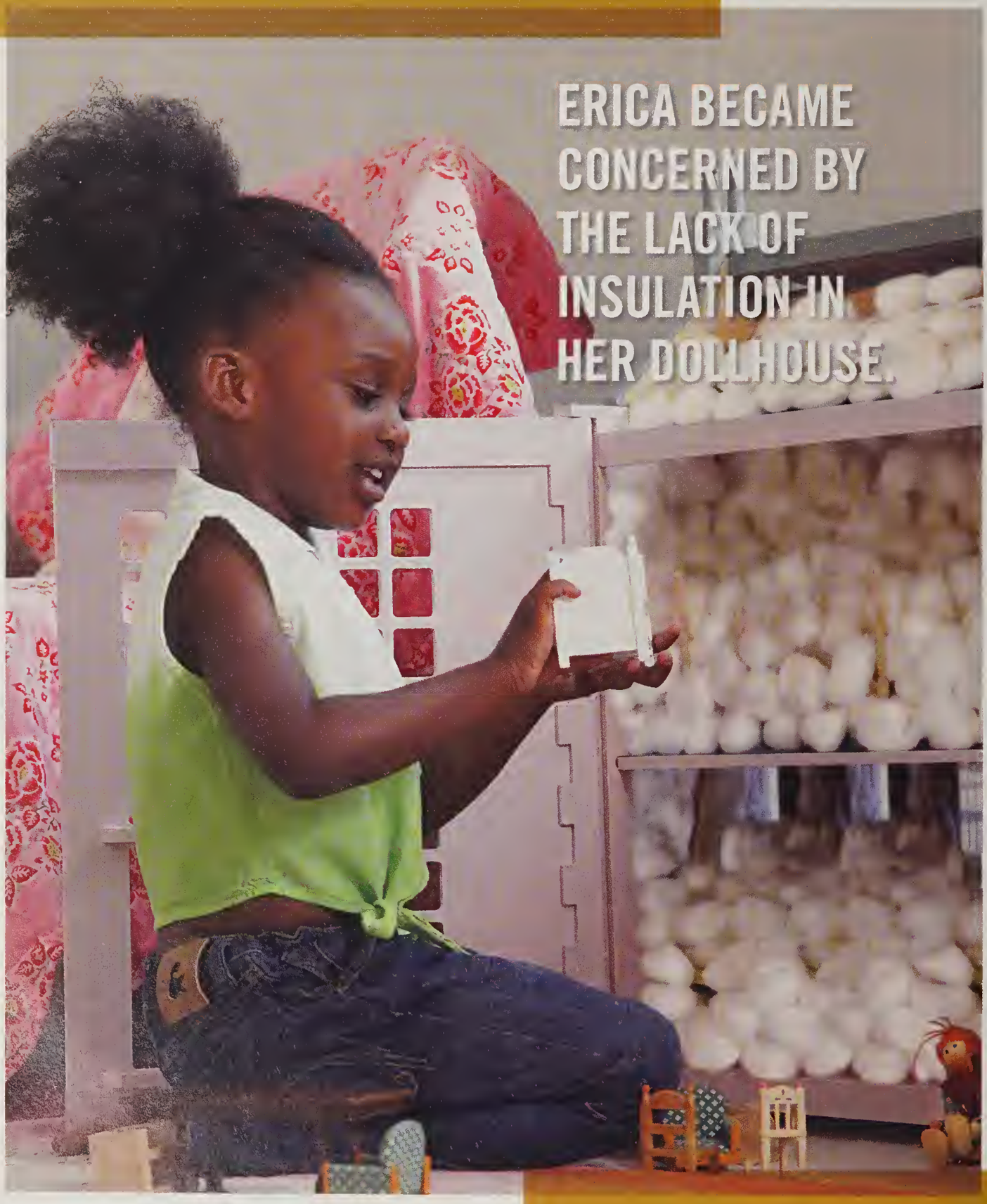

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September Events

Go fly a kite at the Mile High Kite Festival in Beech Mountain, September 4, from 10 a.m.–4 p.m. Free kites to the first 300 children. Prizes to novice flyers for the biggest kite flown, the highest flying kite and more. To make plans to go, call (828) 387-9283 or visit www.BeechMtn.com.

ONGOING

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Through Sept. 6, Asheville
(828) 665-2492
www.ncarboretum.org

"Harmonies"
Photography, furniture and paintings
Through Sept. 25, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

Civil War Commemorative Photo Exhibit
Through Sept. 28, Burgaw
(919) 807-7386
www.nccivilwar150.com

Music at the Mills
Bluegrass
Sept. 2–30, Union Mills
(828) 287-6113

Downtown Waterfront Market
Sept. 3–Nov. 26, Elizabeth City
(252) 335-5330
www.downtownwaterfrontmarket.com

Anne Elizabeth Howard, guest artist
Sunflower Studio
Sept. 9–Oct. 8, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

"The Sound Of Music"
Sept. 9–25, Hickory
(828) 328-2283
www.hct.org

Cumberland County Agricultural Fair
Sept. 15–25, Fayetteville
(910) 483-5311
www.atthecrown.com

Umbrella Market
Wednesdays, Greenville
(252) 329-4200
www.uptowngreenville.com

Art Walk
First Friday, Greenville
(252) 329-4200
www.uptowngreenville.com

Art Walk
First Friday, Elizabeth City
(252) 335-5330
http://ecncart.com

Art After Hours
Second Friday
Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Betty Lynn (Thelma Lou) Appearance at Andy Griffith Museum
Third Friday monthly
Mount Airy
(336) 786-7998
www.visitmayberry.com

Arts Councils' Fourth Friday
Fayetteville
(910) 483-5311
www.theartscouncil.org

Street Dance
Monday nights
Hendersonville
(828) 693-9708
www.historichendersonville.org

Farmers Market
Saturdays
Wake Forest
(919) 671-9269
www.wakeforestmarket.org

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www.toddgeneralstore.com

Star Farmers Market
Through Nov. 30, Star
(910) 975-2373
www.mcfma.org

Farmers Market
Through Nov. 30, Troy
(910) 975-2373
www.mcfma.org

Country Tonight Music Show
Through Dec. 1, Selma
(919) 943-1182

Historic Farmers Market
Through Dec. 3, Waynesville
(828) 627-1058
www.waynesvillefarmersmarket.com

Transylvania Tailgate Market
Through Dec. 14, Brevard
(828) 862-3575

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www.granvillemuseumnc.org

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(252) 331-4037
www.museumofthealbemarle.com

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1 | THURS.

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2 | FRI.

Murder Mystery Dinner
Beaufort
(252) 728-7317
www.ncmaritimemuseums.com

Littleton/Lake Gaston Festival
Sept. 2–3, Littleton
(252) 586-6169
www.littletonlakegastonfestival.org

Foothills Native American Powwow
Sept. 2–4, Thurmond
(336) 428-4395

Apple Festival
Sept. 2–5, Hendersonville
(828) 697-4557
www.historichendersonville.org

3 | SAT.

Transylvania Heritage Museum Founders Day
Brevard
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www.transylvaniaheritage.org/events.aspx

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Revolutionary War Reenactment
Sept. 3–4, Huntersville
(704) 264-9346
www.lattaplantation.org

Corn Husk Doll & Papermaking
Sept. 3–4, Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

4 | SUN.

Yadkin River Wine Trail Mini Festival
Boonville
(336) 677-1700
www.sandersridge.com

Mile High Kite Festival
Beech Mountain
(828) 387-9283
www.BeechMtn.com

8 | THURS.

Bethabara Concert Band
Winston-Salem
(336) 924-8191
www.bethabarapark.org

Prime of Life Festival
Senior lifestyle event
Forest City
(828) 287-6113

Ayden Collard Festival
Sept. 8–11, Greenville
(252) 329-4200
www.aydencollardfestival.com

9 | FRI.

Gallery Crawl
West Jefferson
(336) 846-2787
www.ashecountyarts.org

Catie Curtis Concert
Statesville
(704) 873-6100
www.iredellarts.org

Donald Lawrence
Gospel sensation
Greenville
(252) 737-1016
www.ecu.edu/srapas

"Taste of Edenton"
Edenton
(252) 482-7800
www.edentonhistoricalcommission.org

Air Show
Sept. 9–11, Winston-Salem
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www.wsairshow.com

Freeboot Friday
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www.uptowngreenville.com

10 | SAT.

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Lafayette Birthday Celebration
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parade of pooches
Fayetteville
(910) 483-5311
www.lafayettesociety.org

Night Out Street Festival
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www.nchotsaucecontest.com

James Gregory
Comedy show
Troy
(704) 985-6987
www.bluegrassintroy.com

Classic Car Show
Scotland Neck
(252) 826-3152
www.townofscotlandneck.com

Grandfather Mountain Kidfest
Linville
(828) 733-2013
www.grandfather.com

Chevy To The Levee
5K & fun mile, Lumberton
(910) 521-6807
www.robesonroadrunners.com

Homecoming Festival
Mayodan
(336) 548-2241

Battle Of The Schools
Students competition
Wilmington
(910) 251-5797
www.battleshipnc.com

Tickling The Ivories
Nine pianists perform
West Jefferson
(336) 846-2787
www.ashecountyarts.org

11 | SUN.

Family Paddle
Free paddle of Brices Creek
New Bern
(252) 636-6606

14 | WED.

Carnival of Madness
Concert includes Black Stone Cherry
Fayetteville
(910) 483-5311
www.atthecrown.com

On The Same Page Literary Festival
Sept. 14–17, West Jefferson
(336) 846-2787
www.onthesamepagefestival.org

15 | THURS.

After Five
The Band of Oz
Fayetteville
(919) 483-5311
www.faydogwoodfestival.com/fayetteville-after-5

The Righteous Brothers' Bill Medley
Spindale
(828) 286-9990
www.foundationshows.org

Dirty Dancing Festival
Sept. 15-19, Lake Lure
(828) 287-6113
www.dirtydancingfestival.com

16 | FRI.

Marvin Sapp Religion Concert
Greenville
(252) 329-4200

Doyle Lawson & Quicksilver
Bluegrass
Troy
(704) 985~6987
www.bluegrassintroy.com

Waterfall Crafters Craft Show
Sept. 16–17, Brevard
(828) 877-3065

Pottery Harvest
Sept. 16–17, Albemarle
(704) 754-0543
www.fallingriversgallery.com

Piecemakers Quilt Fair
Sept. 16–17, West Jefferson
(336) 246-3230
www.ashequilters.org

Classic Moth Boat Regatta
Sept. 16–18, Elizabeth City
(252) 335-5330
www.mothboat.com

17 | SAT.

Unity Festival
Bethel
(252) 329-4200
www.bethelnc.org

American Girl Scout Day
Linville
(828) 733-2013
www.grandfather.com

Music Festival
Creedmoor
(919) 764-1009
www.cityofcreedmoor.org

19th Annual Peanut Festival
Dublin
(910) 876-4884
www.dublinpeanutfestival.com

Apple Fest
Winston-Salem
(336) 924-8191
www.bethabarapark.org

BBQ & Bands Fest
Rolesville
(919) 562-0796
www.rolesvillechamber.org

Festa Italiana
Ronda
(336) 835-9463
www.raffaldini.com

Creekside RTS Paddle Fest
New Bern
(252) 349-0220
www.creeksiderts.org

Western Carolina Autorama
Hendersonville
(828) 681-8867
www.aaca.org/gsmr

Scott Ainslie Blues Concert
Beaufort
(252) 354-2444
www.downeastfolkarts.org

Fall Wildflower Walk
Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

Birding & Nature Walk
Boonville
(336) 677-1700
www.sandersridge.com

Crafty Saturday
Card making
Tarboro
(252) 641-0857
www.cardscraps.com

Bluegrass Concert
Albemarle
(704) 791-7399
www.littlecreekmusicpark.com

Mountain Heritage Festival
Sparta
(336) 372-5473
www.Sparta-NC.com

Fall Festival
Lillington
(910) 893-3751
www.lillingtonchamber.org

Heroes, Villains & Special Effects
Science behind entertainment
Sept. 17–18, Durham
(919) 220-5429
www.lifeandscience.org

Railfest
Railroad food, music, storytelling
Sept. 17–18, Bryson City
(828) 586-8811
www.gsmr.com

Asian Papermaking
Sept. 17–18, Black Mountain
(828) 669-0930
www.blackmountainarts.org

Antique Gun & Military Antiques
Sept. 17–18, Raleigh, NC
(704) 282-1339
www.thecarolinatrader.com

Constitution Week
Sept. 17–23, Edenton
(252) 482-2637
www.edenton.nchistoricsites.org

Open House & Fall Sale
Ironwood Estate Orchids
Sept. 17–25, Hickory
(828) 294-3950
www.ironwoodorchids.com

18 | SUN.

Music In The Park
US Air Force Heritage of America Band
(252) 482-8595
www.visitedenton.com

19 | MON.

Percussion Ensemble Concert
Greenville
(252) 329-4200
www.ecu.edu

21 | WED.

Celebration Of The Arts
Sept. 21–25, Spindale
(828) 287-6113
www.rcvag.com

22 | THURS.

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CAROLINA COUNTRY adventures

Linville Falls Recreation Area

Day Trip

Did you know that North Carolina has a spectacular grand canyon? It's called "The Grand Canyon of the East," or more precisely, Linville Gorge.

Tumbling cascades of water, rugged cliffs and virgin forests draw outdoor enthusiasts to the Linville Falls Recreation Area.

Chiseled by the Linville River that runs between Linville Mountain on the west and Jonas Ridge on the east, this gorgeous gorge is no place for sissies. In fact, the **Linville Gorge Wilderness** is so rugged it was left unscathed during the early-century logging that felled so many other eastern forests. Even the most experienced hikers find exploring the gorge challenging. It's as much as 2,000 feet down from the east and west rims, there are no detailed trail signs or blazes, and sometimes, there isn't even much of a trail. Nevertheless, rock-climbers, hikers and backpackers reap great rewards for their sweaty forays. And fishermen can pull brown, rainbow and brook trout from Linville River.

Those who want a more moderate adventure can still enjoy amazing views via trails that begin near the **Linville Falls Visitor Center** in Newland. Linville Falls is an amazing 150 feet in height. It starts with a twin set of upper falls and spirals through a small canyon where it then plunges 45 feet to the Linville River below. The trails in the Linville Falls system range from easy to strenuous, and they take you to different overlooks for viewing the upper and lower falls. Erwin's View is a popular, moderate 1.6-mile roundtrip trail with four overlooks. The rangers can give you maps and advice. To drive there, take the Blue Ridge Parkway to Milepost 316.3 and follow the road about 1.5 miles to the visitor center, which is open through Nov. 1. You'll pass by Linville Falls Campground.

Nearby attractions include **Linville Caverns** in Marion (800-419~0540 or www.linvillecaverns.com).

—Karen Olson House

Learn of other nearby adventures and events:
(828) 765-1045 (Linville Falls Visitor Center) | (828) 652-4841 (Linville Gorge information)
www.nps.gov (search "Linville Falls") | www.linvillegorge.net | www.visitblueridgeparkway.com/linville_falls.php

Wind Ensemble Chamber Players
Greenville
(252) 329-4200
www.ecuarts.com

Mayberry Days Festival
Sept. 22–25, Mount Airy
(336) 786-7998
www.MayberryDays.org

23 | FRI.

Dream Acres Music Festival
Sept. 23–25, Pleasant Hill
(252) 673-6316
www.dreamacresmusicfestival.webs.com

Arts Festival
Sept. 23–24, New Bern
(252) 638-2577
www.cravenarts.org/events.html

Studio Tour
Reception Sept. 23, tour 24–25
Wake Forest
(919) 418-5852
www.wakeforestareaartists.com

24 | SAT.

Wings Over Edenton
Airplane rides, vendors, flight demos
Edenton
(252) 482-4664

Bright Leaf Hoedown
Yanceyville
(336) 694-6106
www.caswellchamber.com

Craven's Got Talent
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New Bern
(252) 636-6606

Chris Luther Kiln Opening
Seagrove
(336) 301-3254
www.chrislutherpottery.com

Sustainable Living & Natural Health Fair
Hillsborough
(919) 265-8446

Founder's Day
Gold Hill
(704) 267-9439
www.historicgoldhill.com

Bennett Perry Archaeology Day
Native American artifacts
Henderson
(252) 257-2654
www.theaaca.com

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(336) 721-7317
www.oldsalem.org

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www.thenewhavencac.og

Flock To The Rock
Sept. 24–25, Chimney Rock State Park
(828) 287-6113
www.chimneyrockpark.com

North Carolina Shell Show
Sept. 24–25, Wilmington
(910) 798-4368
www.capefearmuseum.com

Coin & Currency Show
Sept. 24–25, Morehead City
(252) 725-1214
www.forumancientcoins.com/carteretns

27 | TUES.

Chowan County Regional Fair
Sept. 27–Oct. 1, Edenton
(252) 482-4057
www.chowanfair.com

29 | THURS.

"Stage Door"
Comedy
Sept. 29–30, Greenville
(252) 329-4200
www.ecuarts.com

Four Seasons Concert
Sept. 29–30, Greenville
(252) 329-4200
www.ecuarts.com

30 | FRI.

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(919) 732-5001
www.hillsboroughgallery.com

Heritage Day
Sept. 30–Oct. 1, Rosman
(828) 884-6849

Quilt Show
Sept. 30–Oct. 2, Asheville
(828) 254-4915
www.ashevillequiltguild.org

Listing Information

Deadlines:
For November: September 25
For December: November 25

Submit Listings Online:
Visit www.carolinacountry.com and click "See NC" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

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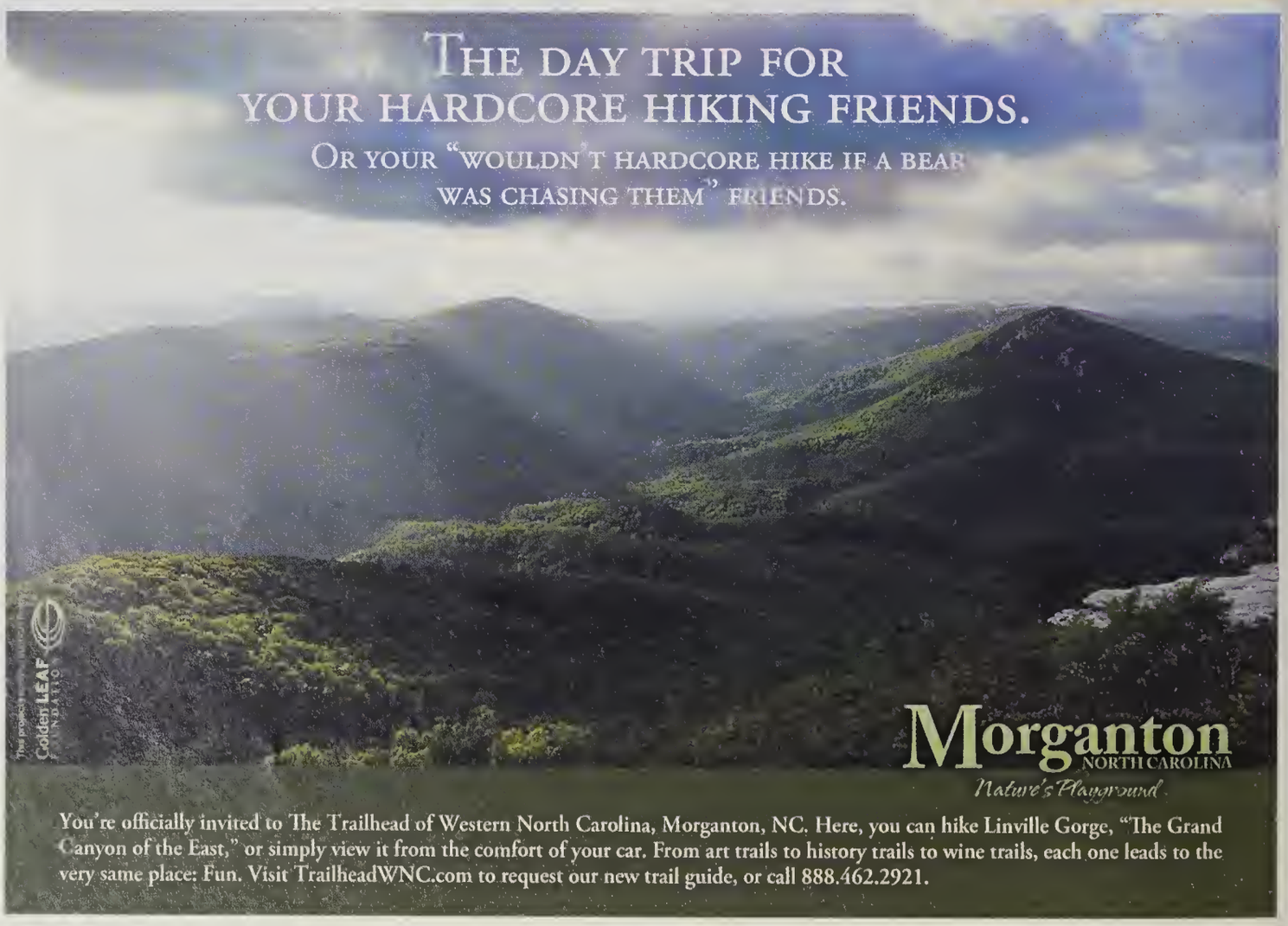
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NORTH CAROLINA
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You're officially invited to The Trailhead of Western North Carolina, Morganton, NC. Here, you can hike Linville Gorge, "The Grand Canyon of the East," or simply view it from the comfort of your car. From art trails to history trails to wine trails, each one leads to the very same place: Fun. Visit TrailheadWNC.com to request our new trail guide, or call 888.462.2921.

Photos portray child labor in state's mills, 1908–1918

In the early 1900s, most child workers in North Carolina textile mills labored 10 to 12 hours, six days a week. They toiled in hot, lint-filled air that triggered respiratory diseases, endured the roar of machinery and risked injury from exposed gears and belts. The state's labor laws that were meant to protect younger children were rarely enforced, and roughly a quarter of all workers were under age 16. Some were as young as 6.

In 1908, photographer Lewis Hine, hired by the National Child Labor Committee to document working conditions of young workers in the U.S., began visiting North Carolina's textile mills. On a notepad he kept hidden in his jacket, he documented each photograph with his subjects' ages and how long they had worked in the mill. When mill officials denied Hine entry, he snapped photos of youngsters coming to and from work.

Today, 40 of his images appear in "The Photography of Lewis Hine: Exposing Child Labor in North Carolina, 1908-1918," an exhibit at the N.C. Museum of History in Raleigh. Hine's photographs, captured in Cabarrus, Gaston, Lincoln, Rowan and other Tar Heel counties, range from girls running warping machines to boys covered in lint after long hours as doffers and sweepers. Many of the children look older than their years. Hine's notes accompany each image. For example, a 1908 description includes quotes from an impoverished boy: "Been in mill 6 or 7 years. 12 years old. Haint grown none for 5 years."

When Hine's photographs began appearing in newspapers, they provoked awareness and ultimately, sparked social change.

The exhibit also features computer interactives and mill tools, including a shuttle, bobbin and a doffer's cart (used to collect bobbins from the spinning machines). It will be on view through March 25, 2012. Admission is free. For more, call (919) 807-7900 or visit ncmuseumofhistory.org.

Photo credit for all photos: Lewis Hine Collection, Library of Congress, Prints and Photographs Division, Washington, D.C.

TOP: *"Daniel Mfg. Co., Lincolnton N.C. Girl beginning to spin. Many of these there." Lincolnton, Lincoln County, November 1908*

MIDDLE: *"Cherryville Mfg. Co., Cherryville, N.C. One of the smallest boys. Doffer." Cherryville, Gaston County, November 1908*

BOTTOM LEFT: *"Oldest girl, Minnie Carpenter, House 53 Loray Mill, Gastonia, N.C. Spinner. Makes fifty cents a day of 10 hours. Works four sides. Younger girl works irregularly." Gastonia, Gaston County, November 1908*

BOTTOM RIGHT: *"Young women (spooler) Kelser Mfg. Co., Salisbury, N.C." Salisbury, Rowan County, December 1908*

By Arnie Katz

Does a water heater insulation blanket save money?

Q: I just read a money-saving article that says I can save "up to $200 a year" by installing an insulation blanket around my electric water heater. I've seen these for sale at the local hardware store for about $20, and it looks like even a klutz like me can install the thing in 20 or 30 minutes. This seems too good to be true.

Scott, Hillsborough

I saw the same article and almost fell out of my chair. In some cases, adding insulation to your electric water heater is a great idea that is easy to do and will save you a few bucks. But your instincts are right on—there's no way this can save you $200 a year.

A generally excellent website for this kind of information is the EnergySavers site by the U.S. Department of Energy (DOE) (www.energysavers.gov/your_home). The information on this site has been reviewed by some of the top people at the U.S. national labs and other very credible sources. Looking at the information they provide on water heater blankets, I can guess where the "up to $200" figure comes from.

Research has shown that "adding insulation to your water heater tank can reduce standby heat losses by 25%–45%." If someone sees those figures and doesn't understand that "standby heat loss" is only a small part of the energy used by your water heater, that person might conclude that the blanket can save you up to 45 percent of your water heating cost. The DOE site explains that the overall energy savings are typically in the 5 percent to 9 percent range.

Someone in an area with relatively high energy rates might spend as much as $450 a year heating water. If you were to save 45 percent of that, you'd have around $200 in savings. But the actual savings amount is likely to be in the $20 to $40 range (5 percent to 9 percent of $450).

> Feel the outside of your tank. If it's hot, extra insulation will save energy and money.

Now, investing $20 and half an hour to get back $20 a year for many years is, by any measure, a terrific investment. When you're making less than 1 percent on your savings account, it's hard to argue with 100 percent annual return. There's no need for wild exaggeration.

How do you know if this is a good idea for you? Feel the outside of your tank. If it's hot, extra insulation will save energy and money. Where is your water heater located? If it's in a location that gets very cold in the winter, the blanket will probably save more.

Investing $20 and half an hour to get back $20 a year for many years is, by any measure, a terrific investment.

How old is the water heater? Newer heaters usually come from the factory with more insulation around the tank than older heaters. But there's a balance to be considered. Water heaters last an average of 15 years. If your heater is older than 15 years or so, it may make more sense to replace it now with a more efficient one.

While you're at it, adding foam or rubber pipe insulation on the first few feet of pipe coming out of the tank—both hot and cold—has been shown to save a few bucks, too.

Arnie Katz is the director of training and senior building science consultant at Advanced Energy in Raleigh (www.advancedenergy.org). Send your home energy questions to editor@carolinacountry.com

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Low Country Grill Recipe

- 2 tablespoons olive oil
- 1 teaspoon salt, divided
- 1 teaspoon garlic powder, divided
- 1 teaspoon seafood seasoning, divided
- 12 small red potatoes, quartered
- ⅓ cup butter, melted
- 1 pound smoked kielbasa or Polish sausage
- 3 medium ears sweet corn, cut in half
- 1½ pounds uncooked medium shrimp, peeled and deveined

In a large bowl, combine the oil with ¼ teaspoon each of salt, garlic powder and seafood seasoning. Add potatoes; toss to coat. Spoon onto a greased double thickness of heavy-duty foil (about 18 inches square).

Fold foil around potatoes and seal tightly. Grill, covered, over medium heat for 30–35 minutes or until tender, turning once. Set aside and keep warm.

In a small bowl, combine the butter with remaining salt, garlic powder and seafood seasoning. Grill kielbasa and corn, covered, over medium heat for 10–12 minutes or until kielbasa is heated through and corn is tender, turning occasionally and basting corn with half of the butter mixture. Keep warm.

Thread shrimp onto four metal or soaked wooden skewers; grill, covered, over medium heat for 3–4 minutes on each side or until shrimp turn pink, basting with remaining butter mixture. Slice kielbasa into six pieces before serving. Carefully open foil from the potatoes to allow steam to escape.

Yield: 6 servings.

Orzo Stuffed Tomatoes

- ⅔ cup uncooked orzo pasta
- 6 medium tomatoes
- 1 tablespoon butter
- ½ cup shredded reduced-fat Swiss cheese
- 1 tablespoon minced fresh basil or 1 teaspoon dried basil
- 2 teaspoons minced fresh parsley
- 1 teaspoon salt
- ¼ teaspoon white pepper
- Paprika

Cook orzo according to package directions. Meanwhile, cut a thin slice off the top of each tomato. Scoop out pulp, leaving a ½-in. shell. Set aside 6 tablespoons pulp for filling. Invert tomatoes onto paper towels to drain. Drain orzo.

In a small heavy saucepan, cook butter over medium heat for 5–7 minutes or until golden brown. Remove from the heat; stir in the cheese, basil, parsley, salt, pepper, orzo and reserved pulp. Spoon into tomatoes.

Place in an ungreased 2-quart baking dish; sprinkle with paprika. Bake, uncovered, at 350 degrees for 15–20 minutes or until heated through.

Yield: 6 servings.

Black-Eyed Pea Pasta Salad

- 1 jar (7½ ounces) marinated, quartered artichoke hearts
- 1 cup uncooked tricolor spiral pasta
- 1 can (15½ ounces) black-eyed peas, rinsed and drained
- 4 slices provolone cheese, cut into thin strips
- ½ cup chopped green pepper
- ½ cup chopped sweet red pepper
- ½ cup thinly sliced red onion
- ½ cup sliced pepperoni, cut into thin strips
- ½ cup mayonnaise
- ¼ cup prepared Italian salad dressing

Drain artichokes, reserving ¼ cup liquid; chop and set aside. Cook pasta according to package directions.

Meanwhile, in a large bowl combine the artichokes, peas, cheese, peppers, onion and pepperoni. Drain pasta; add to artichoke mixture.

In a small bowl, combine the mayonnaise, salad dressing and reserved artichoke liquid. Pour over pasta mixture; toss to coat. Cover and refrigerate for at least 1 hour.

Yield: 8 servings.

GO ONLINE Find more than 500 recipes at www.carolinacountry.com

Recipes are by Taste of Home magazine. For a sample copy, send $2 to Taste of Home, Suite 4321, PO Box 990, Greendale, WI 53129-0990. Visit the Web site at www.tasteofhome.com.

Send Us Your Recipes

Contributors whose recipes are published will receive $25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: Jenny.Lloyd@carolinacountry.com.

From Your Kitchen

Pineapple Nut Cake

- 2 eggs
- 2 cups plain flour
- 2 cups sugar
- 2 teaspoons baking soda
- 1 teaspoon vanilla
- ¼ teaspoon salt
- 1 can (20 ounces) crushed pineapple with juice
- ½ cup pecans

Mix all ingredients together by hand. Bake in a greased 9-by-13-inch baking pan at 325 degrees for 40 minutes or until tested done.

Topping:

- 1 package (8-ounce) cream cheese
- ½ stick butter
- 1¾ cups powdered sugar
- 1 teaspoon vanilla
- ½ cup pecans

Mix together and frost while cake is still warm.

Carol Ball of Statesville, a member of Energy United, will receive $25 for submitting this recipe.

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Now you can have affordable life insurance to help your family cover final expenses.

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Sample Monthly Rates per $1,000 Coverage‡

‡does not include $36 policy fee; minimums may apply

Issue Age	Male		Female	
	(non-tobacco)	*(tobacco)*	*(non-tobacco)*	*(tobacco)*
35	$1.30	$1.79	$1.08	$1.49
55	$3.20	$4.30	$2.53	$3.55
65	$5.36	$7.18	$4.14	$5.41
75	$10.23	$13.24	$7.64	$8.85
85	$19.77	$26.26	$16.52	$17.67

Whole Life Insurance Policy 4-790(92) underwritten by Standard Life and Casualty Insurance Co is not affiliated with or endorsed by any government agency.

***Selected maximums apply depending on age.**

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